

# Southern Living®

APRIL 2010

## Fresh & Juicy

✿ Strawberry  
Desserts  
To Savor

SECRET  
SOUTHERN  
BEACH  
ESCAPES

10 MEALS IN  
30 MINUTES  
OR LESS



STRAWBERRY-  
ORANGE SHORTCAKE  
TART, PAGE 144

SPRING'S  
EASIEST  
SHOWER  
MENU

FLOWERS  
THAT TAKE  
THE HEAT

Plus

Use Color  
With  
Confidence  
IN YOUR HOME



*Never Forget*



# Welcome To The Neighborhood



THE SOUTH PROUDLY BECOMES HOME TO KIA MOTORS' FIRST U.S. MANUFACTURING PLANT

The South is famous for making some of our country's very best things—jazz music, mint juleps and cheese grits, to name just a few. And now we can add the Kia Sorento to that list. Neighbors across the peach State and around the South have rolled out the welcome mat for Kia Motors Manufacturing Georgia (KMMG), a state-of-the-art facility, which brings 2,500 jobs to our region. With the capacity to produce 300,000 cars annually, the \$1-billion plant is the first North American manufacturing facility for Kia Motors and the largest foreign investment in the history of the state of Georgia.

The first cars already are rolling off the assembly line in West Point.

The all-new 2011 Kia Sorento, a versatile, sporty crossover, is the first vehicle being manufactured at the Georgia plant<sup>1</sup>. Visit [kia.com](http://kia.com) to tour the new facility online.

**Welcome to the South, Kia.  
We are glad to have you in  
our neighborhood.**



KMMG facility in West Point, Georgia



## EXPERIENCE SORENTO STYLE

Sophisticated style meets cool convenience in the all-new 2011 Kia Sorento. A roomy crossover, Sorento proves that a vehicle can provide great versatility without sacrificing style. It leads its class in V-6 fuel efficiency<sup>2</sup> and offers spacious interior room and a long list of standard safety features.

The Kia Sorento has many affordable indulgences:

- Push-Button Start<sup>3</sup>
- Rear Camera Display<sup>3,4</sup>
- Standard Bluetooth® Wireless Technology<sup>5</sup>
- Standard Satellite Radio and MP3/USB Connectivity
- Panoramic Sunroof<sup>3</sup>
- Third-Row Seating<sup>3</sup>
- Voice-Command Navigation System<sup>3</sup>

The Kia Sorento is functional for running errands, stylish for a night on the town, and comfortable for a family road trip. Test drive one today at a Kia retailer near you.



<sup>1</sup> Assembled in the United States from U.S. and globally-sourced parts; <sup>2</sup> Claim based on comparison of 2010 compact crossovers; <sup>3</sup> Optional Features; <sup>4</sup> The rear-camera display and back-up warning system are not substitutes for proper and safe backing-up procedures. Always drive safely and use caution when backing up.; <sup>5</sup> A Bluetooth® wireless technology-enabled cell phone is required to use Bluetooth® wireless technology. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks is pursuant to license.





CLASS-LEADING INTERIOR SPACE<sup>1</sup>

CLASS-LEADING V6 FUEL ECONOMY<sup>2,3</sup>

VOICE-COMMAND NAVIGATION SYSTEM<sup>4</sup>

PUSH-BUTTON START<sup>5</sup>

BUILT IN THE U.S.A.<sup>6</sup>



**All-New 2011 Sorento. A departure from the expected.**  
 With state-of-the-art technology, sporty styling and a spacious interior, the Kia Sorento is the first crossover everyone will want to drive. And at a starting price of under \$20,000\*, it's also the crossover that makes the most sense to own.  
[kiasorento.com](http://kiasorento.com)

**KIA**  
**KIA MOTORS**  
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\*Always wear your seat belt. †Always use proper tie-up technique. ‡2011 EPA city/highway estimates for compact crossovers with V6 engine. EPA estimates for 2011 Kia Sorento are 20 mpg city and 26 mpg highway with V6 4-cyl. Actual mileage may vary. §Optional features. †MSRP for base model Sorento is \$19,995. MSRP for LX V6 with 6-speed AT and optional Limited Package is \$22,095. MSRP excludes \$750 freight, tax, title, license, registration, other options, and dealer charges. Actual prices set by retailer. Kia accessory cable required for iPod. Connectivity, cable and iPod. Both sold separately. †MSRP is a registered trademark of Apple Inc.



the





# oy of Easter

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Thurs. 10:16 a.m.  
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Sat. 10:38 a.m.  
Stay another day or stay forever?



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## Features

### 82 Driving Through the Heart of Texas

U.S. 83 travels from the Mexico border to the Panhandle, through a landscape of vast ranches, epic thunderstorms, and ghost towns. Join our writer on a weeklong road trip through the most authentic spots in the Lone Star State.

### 90 From Spare to Spectacular

Adding a fence, walk, and flowers turned this Louisiana cottage into a charming home that everyone loves.

### 94 The Season's Easiest Shower Menu

Hosting a party for the bride and groom doesn't get easier than this. You provide the toppings, and guests grill their own pizzas.



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*\*Editor's  
Favorites*  
THIS MONTH

Create adorable  
Easter lambs from  
marshmallows  
and cookies. 12



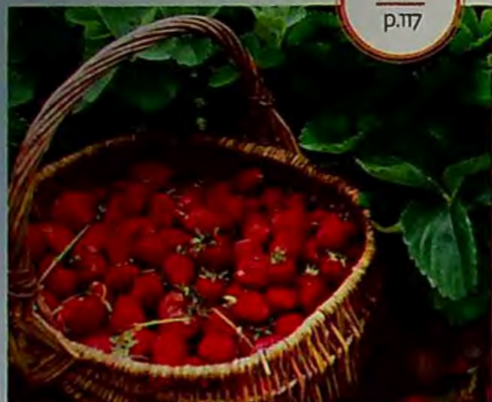
**Made By Southern Hands:**  
From a classic rocker to a  
handblown glass vase p.18



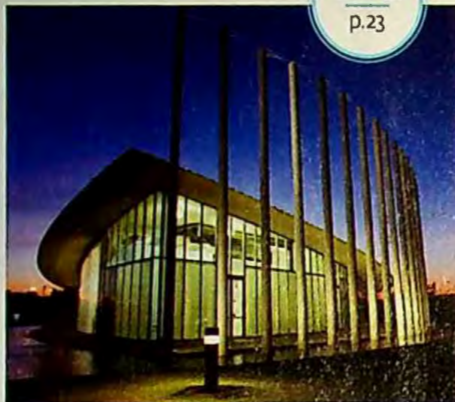


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On Our Cover: April is the month for fresh strawberries, and we have the perfect recipe for you: Strawberry-Orange Shortcake Tart. It's a delicious twist on traditional strawberry shortcake. You'll love the Vanilla-Stuffed Strawberry Cupcakes, too. See page 144 for both recipes. Photography Beth Dreiling Hontzas, styling Buffy Hargett, food styling Rebecca Kracke Gordon





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It only looks like the real thing. **Armstrong** laminate flooring



# Keeping It Southern

Whether you dream of Texas bluebonnets stretching to the horizon or a beach towel stretched out on the sand, I wish April came with 35 days to do it all!

• **MOTHER NATURE MIXED UP HER ZIP CODES AND SENT US SNOW BACK IN FEBRUARY.** She owes us. Big-time. I usually see snowmen only on The Weather Channel, but this winter I saw them on my street too. So we've filled this issue with roll-down-the-window road trips, garden ideas, an outdoor shower, and more, as getting even...ly tan is the best revenge!


• **DREAMING OF HITTING THE OPEN ROAD AND JUST...DRIVING?** Les Thomas spent five days driving along U.S. 83 from Brownsville to Perryton on the Oklahoma border. Join Les (a Lone Star native who knows Texas like Colt McCoy knows football) for the ride in "Driving Through the Heart of Texas," page 82.

• **DREAMING OF DISCOVERING A SECRET BEACH HIDEAWAY FREE OF HIGH-RISES AND HIGH-DECIBEL RADIOS?** Annette Thompson lets you in on lazy beaches you thought were long gone. Come with her to Harbor Island, South Carolina—with its pristine 3-mile-long beach—and the low-key island paradise at West Ship Island near Gulfport, Mississippi. Get there before everybody else does (page 24).

• **DREAMING OF A GARDEN WHERE WATERING IS ON AUTOPILOT?** Remember our recent summer droughts? Pamela Crawford of Canton, Georgia, has the solution. Read about her ingenious system for storing rainwater to water the incredible floral containers all around her house. A true "Green" thumb, Pamela shares her secrets on page 68.

• **DREAMING OF "10 MEALS IN 30 MINUTES OR LESS"?** Learn what our own Food editors cook on their busy nights. Think outside the pizza box with their 12 fast and fresh recipes, starting on page 118.

We've packed so many ideas into our April issue, you may have to borrow a week from May!



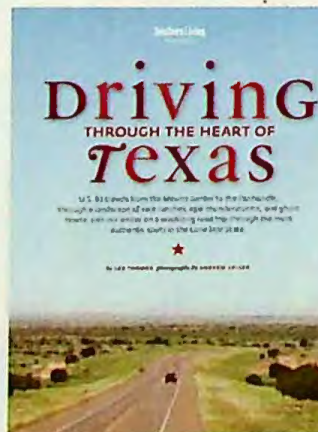
ELEANOR GRIFFIN  
EDITOR IN CHIEF



## Spoken Like a Southerner


“ [U.S. 83 in Texas] moseys across the entire length of the state for 783 miles, lacing together towns with exotic-sounding names like Crystal City, Concan, and Canadian. ”

LES THOMAS, WRITING ABOUT  
"DRIVING THROUGH THE HEART OF  
TEXAS," PAGE 82.



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*The difference between a house and a home*  
**IS ALL IN THE DETAILS.**

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THIS MONTH'S BEST SOUTHERN SIGHTS,  
SOUNDS, IDEAS, AND SOLUTIONS

# Best of the South

## *Fresh Look for an Old Favorite*

Chinese snowball is a classic viburnum that has graced Southern gardens for generations. Its dense clusters of delicate flowers will remind you of a hydrangea. To learn more, see page 78.








## *Baa Baa Black and White Sheep Treats*

**HAVE A LITTLE FUN WITH EASTER DECORATIONS:** Here's an adorable surprise for Easter baskets or a children's table. To shape the body, use melted white candy coating (found in the baking aisle) to secure miniature marshmallows to one Pepperidge Farm Milano Black & White cookie. Next, attach Peanut M & M's for hooves. Use a second Milano cookie for the head, and attach miniature marshmallows and miniature chocolate morsels for the eyes. Use flattened marshmallows, pinched together at one end, to make ears. Happy Easter!





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## *A Little Southern Know-How* Fragrant Native Azaleas

Nicknamed "wild honeysuckles" for their heady fragrance and the shape of their flowers, these azaleas are a must for your garden.

### APPRECIATING

Native deciduous azaleas come in a rainbow of pinks, reds, yellows, and oranges—some of which you might not find in their ornamental evergreen cousins. As a bonus, leaves offer fall color before they drop in winter.

### CHOOSING

Most native azaleas are fragrant. Different ones thrive in different parts of the South. Talk to someone at a local nursery before buying. Among our favorites: Alabama, Florida flame, and Piedmont azaleas.

### PLANTING

They won't bloom in deep shade, so give them 6 to 8 hours of daily sun. Be a good steward of the land, and leave wild azaleas in the woods. Purchase nursery-propagated plants, and plant them in well-drained soil.

### GROOMING

Absolutely none. We're not kidding. You don't even have to prune or deadhead native azaleas. Just give them good soil and plenty of sunshine, and make sure to water new plants well until they're established.





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## *My Stories* **Katy Kattelman, Nashville, Tennessee**

This designer outfits country music stars and regular folks with clothes from her Katy K Ranch Dressings shop.

BY **JAMES T. BLACK**

### **On Her Inspirations**

"I've always loved the traditional Grand Ole Opry-style outfits made by Nudie and Manuel. They're the designers who created the flashy, rhinestone-covered 'Nashville look,' and they've been my inspirations for years. I was in Los Angeles in the 1970s when Manuel had his shop in North Hollywood. I dropped by and introduced myself, and he lent me some of his clothes for a New York City fashion show. He still has a big store in Nashville so I see him from time to time. I hear that lately he's been designing outfits for Little Richard."

### **On Outfitting Loretta**

"Some people, like Porter Wagoner and Trisha Yearwood, just drop by the store to shop, while others send their stylists. Loretta Lynn's stylist came by one day and said Loretta needed an outfit for the cover of the CD she was making with Jack White. She wanted a traditional cowgirl outfit, sort of like the ones she had worn back in the 1960s. I

made one and sent it to her. I've never met her, but she sent me a Christmas card with a picture of her wearing the outfit, so I guess she liked it."

### **On Moving to Nashville**

"I was working in New York, designing rockabilly-inspired clothing with a lot of petticoats and rhinestones. I got some commissions from MTV. I did Cyndi Lauper's outfits for one of her early videos and Whitney Houston's clothes for her 'I Wanna Dance With

Somebody' video, so I got some exposure. It was hard finding a wholesale place in New York that specialized in Western ware, so I came across this company in Nashville that made clothing for square dancers. I started coming down several times year to meet with them and really liked the city. I moved in 1994. People from all over live here—country stars, rock stars, and movie stars. Nashville is really a big small town. Everybody knows everybody, and you can't beat the cost of living." \*







320



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# Made by Southern Hands

## *Springtime Must-haves*



### Vertical Cane Sphere

Husband-and-wife team Nanda and Rebecca Soderberg set up studio in Richmond, Virginia, to make beautiful handblown glass objects, like this vase. Add flowers, or display as a work of art. [solosglass.com](http://solosglass.com); \$300



**SO STYLISH!**  
*bunny silhouettes*

### Rabbit Hand Towels

Add a touch of Easter joy to the kitchen or powder room with these delicate linen towels, designed and silk-screened by Aimee Tramontana in Meridian, Mississippi. [linensbyaimee.com](http://linensbyaimee.com); \$14 each



*Inside*

### Large Cutting Board

Give it as a gift, or order one for yourself. This cheerful glass cutting board, made in Atlanta, adds a jolt of color to the kitchen and makes food prep more exciting. [clairebella.com](http://clairebella.com); \$55

**PERSONALIZE!**  
*monogram  
utilitarian  
items*



### Birds of a Feather

Gretna, Louisiana, artist Elaine Gleason paints with acrylic on birch wood, then frames her works in hand-welded gold-leafed metal. These birds add a breath of color and life to a room. [elaineogleason.net](http://elaineogleason.net); \$350 (24" x 24")



Welcome spring with our roundup of the season's essentials for inside and outside your house, all made right here in our region. BY **JENNIFER BERNO**

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comes in six finishes



### Cumberland Collection Rocker

Relax on the front porch in this classic rocking chair made by the Hinkle Chair Company in Springfield, Tennessee, where they've been building hardwood furniture since 1834.  
[hinklechaircompany.com](http://hinklechaircompany.com); \$189.95



### Derby Urn

The architecture of the Deep South was the inspiration for this concrete pedestal urn with clean lines and classic proportions, cast by Birmingham's Elegant Earth.  
[elegantearth.com](http://elegantearth.com); \$147.50

*Outside*

### Hydrangea Tray

Outdoor entertaining is easy and stylish with this durable melamine tray, boasting the vibrant artwork of Washington, D.C.-based painter Soraya Chemaly. [sorayajones.com](http://sorayajones.com); \$33



### Bird Feeder

Hueytown, Alabama's Jim Bradley creatively repurposes old items like candlesticks, sheet metal, and ceramic plates to make quirky folk art bird feeders. 205-428-5199; \$75



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Regal Green Hills Cinema  
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Sommet Center  
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& ½ Marathon**

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# ★ Travel

THE SOUTH AS WE KNOW & LOVE IT

## *A Flagship on the River*

Brightening the riverbank just south of downtown Oklahoma City, the Chesapeake Boathouse anchors a new water sports hub that draws paddlers of all stripes from around the state. Designed by architect Rand Elliott to look like a sleek rowing shell, it's one of the region's finest examples of a once-blighted area transformed into a tourism destination.

★ *Stay tuned:  
The city's next  
boathouse opens  
this fall.*



# Find Your Secret Beach

Everyone loves the beach, but not the crowds. Escape the throngs at these 10 Southern spots, from rugged Atlantic shores to secluded Gulf islands.

BY **ANNETTE THOMPSON**



PHOTOGRAPHS: ART MERIPOL



## *For the Explorer*

### **WASHINGTON OAKS GARDENS STATE PARK, PALM COAST, FLORIDA**

This is the place for people who love dramatic natural settings. Nestled between the Atlantic Ocean and the Intracoastal Waterway about 35 minutes south of St. Augustine, this golden-sand state park is rocky—covered with *coquina*, or “sand” that is actually made of crushed shells. Three- to 4-foot boulders of compressed coquina dot the beach. Each rock looks as if it were sculpted by a trained hand.

At low tide, waves pound the rocky

coast, making it a place not for swimming, but strolling. The uneven shore provides nooks that capture shells and crabs in tidal pools. The pools attract a variety of seabirds, from herons and egrets to willets and sandpipers.

The park’s western edge features a majestic formal garden and a historic home under long-armed live oaks. The home and gardens date back to the 1930s, when a family built their retirement home here. The location was their paradise then. When you visit, you understand why. [floridastateparks.org/washingtonoaks](http://floridastateparks.org/washingtonoaks) (TURN THE PAGE)

Washington  
Oaks Gardens  
State Park



## For Families

### HARBOR ISLAND, SOUTH CAROLINA

Hidden between stately Beaufort and exclusive Fripp Island, this Lowcountry isle is a quiet place, with 3 miles of secluded beach visited mostly by pelicans, herons, and horseshoe crabs. Each day here begins with a sunrise that turns

the Atlantic into a pink sea framed by golden marsh grasses.

Harbor Island feels far away from it all, but not too far from the amenities that make a good family trip. Groups can bunk in low-rise villas or choose from a few dozen oceanfront homes large enough for family reunions. There's a community playground too.

Nearby attractions offer plenty to do: Explore Gullah culture on St. Helena Island, try a shrimp burger at the Shrimp Shack, climb the lighthouse at Hunting Island State Park. Later, get a sitter and join the throngs at Johnson Creek Tavern, Harbor's local dive. Beaufort's more sophisticated restaurants and shops are just 20 minutes away.

The perfect day here ends with the setting sun and the surprise that though you're only 50 miles from the crowds of Hilton Head, you're on a beach that feels like your own.

[beaufortsc.org](http://beaufortsc.org)

*"On weekends the Burger Barge pulls up on the sand."*



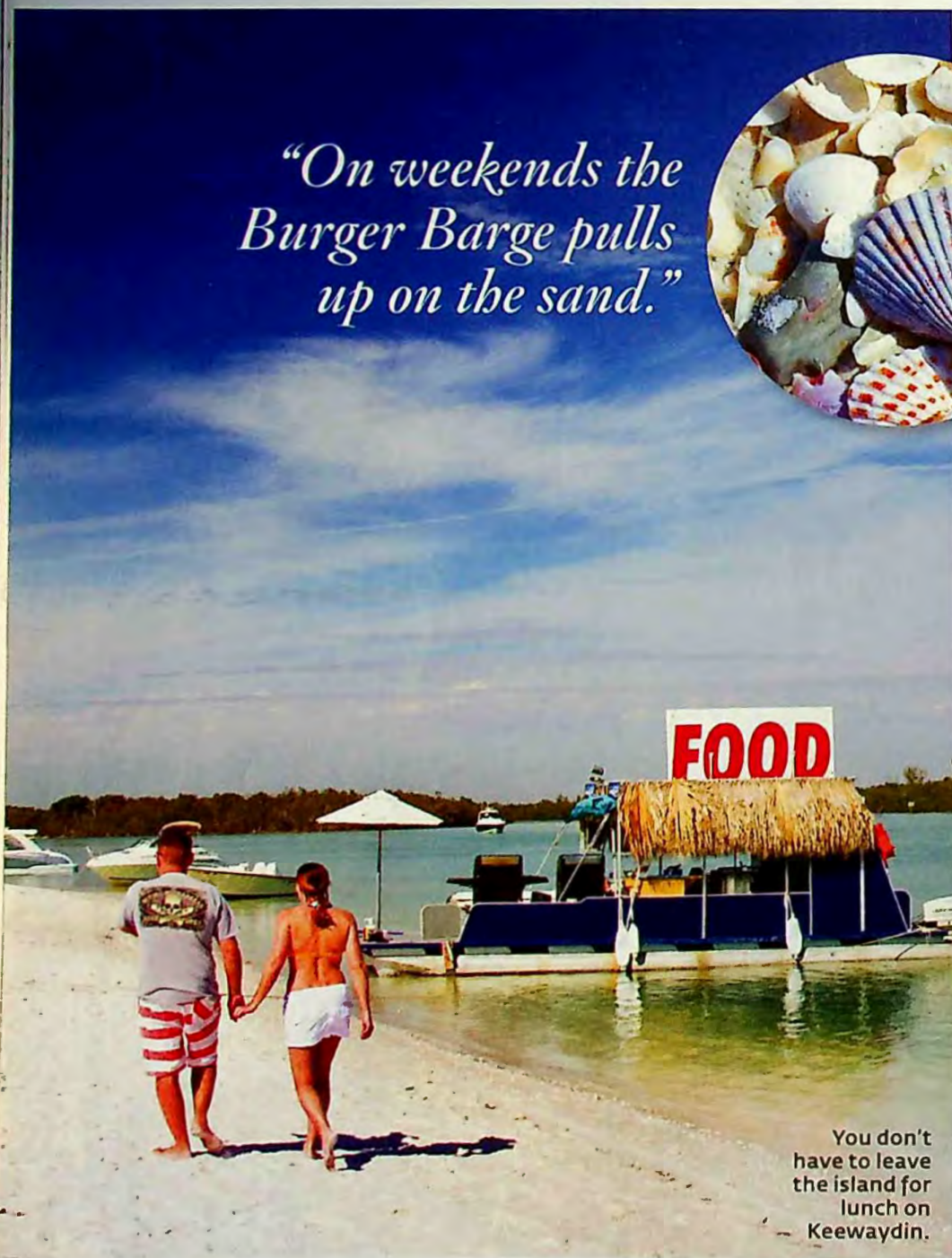
## For a Boat-and-Beach Outing

### KEEWAYDIN ISLAND, FLORIDA

Eight glorious miles of nearly footprint-free sands lie hidden on this tiny tropical island between Marco Island and Naples. The turquoise Gulf of Mexico laps the shore. The bay side grows lush with the Rookery Bay National Estuarine Research Reserve. It's hard to imagine you're just a few miles west of the traffic on I-75.

There's no bridge, so you'll need a boat to anchor at the calmer bay side. Keewaydin's few visitors gravitate to its southern tip, where a quarter-mile path through sea oats, palms, and pines leads to the beach. Pack a picnic for a crowd-free day of sunning and shelling. Or be on the lookout for the Burger Barge, which pulls up on the sand to serve hot sandwiches with ice-cold sodas and beer.

Locals have long kept Keewaydin a secret. They come for day trips, barefoot weddings, or to dance in the sand at the annual boat party, held the second Saturday in May. Join them, or opt for quieter days, when you can score a deal: The Boatel Package at the Naples Bay Resort includes a 22-foot bow rider and a waterfront hotel room for \$299 per night (regular room rates start at \$179 and a full-day's boat rental is typically \$420). [naplesbayresort.com](http://naplesbayresort.com) (TURN THE PAGE)



You don't have to leave the island for lunch on Keewaydin.



Get lost in the foam-ent



Introducing **luscious lattes** from General Foods International. Creamy. Frothy. Delicious. And perfectly priced at **20¢ a cup!**

*Your sweet new getaway is just a sip away.*



\*Based on national average weighted price. Price may vary by retailer.



*"This secret shore offers solitude and haunting beauty."*



Riders from the Jekyll Island Club Hotel explore Driftwood Beach.

## For Offshore Fun

### WEST SHIP ISLAND, GULF ISLANDS NATIONAL SEASHORE, MISSISSIPPI

Of all our picks, this small barrier island is the farthest from civilization, about 11 miles southeast of Gulfport, Mississippi. Getting there is part of the fun. To reach it, hop aboard a Ship Island Excursions ferry for an hour-and-15-minute ride across sparkling waters to the new visitors center.

The National Park Service typically posts lifeguards here from Memorial Day to Labor Day, along with chair and umbrella rentals (you'll find a restroom and cold-water showers too). The ferry has a snack bar, but most folks bring a small cooler (you must pack out what you bring in). On the island's west end, explore

Fort Massachusetts, which dates to 1866.

The ferry runs two times each day in the summer, so you can stay a few hours or linger all day. Weekends tend to be more crowded, but from early to mid-week, you'll have this island paradise almost all to yourself. [nps.gov/guis](http://nps.gov/guis)

## For Escaping the Crowds

### DRIFTWOOD BEACH/ JEKYLL ISLAND, GEORGIA

Not far from the new-hotel construction zone in the middle of Jekyll Island, this secret shore on the northern tip offers solitude and haunting beauty. Ghostly tree-skeletons rise from the sand, overlooking the St. Simons lighthouse across the St. Simons Sound. These trees died

from erosion that has taken place over the last hundred to two hundred years.

As striking as sculptures, the trees create a singular waterfront that's photogenic and perfect for children. Kids can't help but romp and climb. The branches dig out small tidal pools that teem with sea life at low tide.

You can ride horses on this beach—Three Oaks Carriage Company, run out of the historic Jekyll Island Club Hotel, leads treks across Driftwood Beach. Vanderbilts and Rockefellers once summured at the club and on these beaches, taking pleasure in the same thing that draws visitors today—a peace interrupted only by terns skittering along the water's edge or an occasional ship humming in and out of port. [jekyllisland.com](http://jekyllisland.com) (TURN THE PAGE)





## YOU SHOULDN'T HAVE TO CHOOSE BETWEEN HEARTBURN NOW OR LATER.

Other heartburn medicines give you a painful choice: fast relief *or* long-lasting relief. PEPCID® COMPLETE® doesn't make you choose. Just one tablet starts neutralizing acid in seconds and controls it all day, or all night.\* So you never have to choose between hurting now or later.

**WORKS NOW.**

**Pepcid  
COMPLETE.**

DUAL ACTION

Relieves Heartburn Due  
to Acid Indigestion

**WORKS LATER.**

\*Based on 9 hour acid control studies during the day and 12 hour acid control studies during the night. Acid control does not imply symptom relief.

Use as directed.

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## Go Affordably. Go RVing.

Even with fuel prices and the cost of ownership figured in, fun-filled family RV trips remain the most affordable way to vacation.

In fact, according to a recent study, typical RV family vacations are on average 27 percent to 61 percent less expensive than other forms of travel.

So go ahead and get back in touch with nature, with the open road, and with each other. After all, you shouldn't have to spend a lot on something called free time.

Discover more in our  
Vacation Cost Comparison  
at [GoRVing.com](http://GoRVing.com).



With prices starting at just \$6,000, there's a new RV for everyone.

FREE VIDEO



[GoRVing.com](http://GoRVing.com)

## ★ Travel

### Five More Secret Beaches

**CAMP HELEN STATE PARK, PANAMA CITY, FLORIDA:** The Panhandle crowds don't know about the pristine beaches at this day-use state park, just west of Panama City between Rosemary and Carillon beaches. Here you'll find one of the largest coastal lakes in the state—Lake Powell. [florida.stateparks.org/camphelen](http://florida.stateparks.org/camphelen)

**PADRE ISLAND NATIONAL SEASHORE, TEXAS:** Everything is bigger in Texas, including this 70-mile stretch of beach between Corpus Christi and South Padre Island. Five miles of beach are open to two-wheel-drive vehicles; another 55 miles require four-wheel-drive vehicles, which adventurous types use to explore a wilderness as untamed as a wild mustang. [nps.gov/pais](http://nps.gov/pais)

**SANDBRIDGE BEACH, VIRGINIA:** North Carolina's Outer Banks don't actually end at the Virginia state line. Sandbridge, 25 minutes south of Virginia Beach, sits at the northern tip of the OBX, where you'll find a tiny residential community with a couple of restaurants, an outfitter for kayaking, and a chic condo next to the Back Bay National Wildlife Refuge and False Cape State Park. Bring a bike so you can explore the refuge and the state park (which lacks an access road). [sandbridgebeachva.com](http://sandbridgebeachva.com)

**SUNSET BEACH AND BIRD ISLAND, NORTH CAROLINA:** A half-hour drive from Myrtle Beach's high rises brings you to a little beach town full of rambling rental houses.

Sunset Beach proudly preserves its undeveloped beachfront with wide setbacks—that means a spacious beach. Lofty sand dunes stretch 3 miles south to the inlet connecting the Carolinas on Bird Island state nature preserve. [sunsetbeachnc.gov](http://sunsetbeachnc.gov)

**CALADESI ISLAND STATE PARK, FLORIDA:** Dr. Stephen P. Leatherman, aka "Dr. Beach," recommended this island just north of Clearwater Beach five years in a row, and it was the national winner in 2008. It's an all-natural beach, ideal for swimming, sunning, and shelling. Take a private boat or the Caladesi Connection ferry to stroll the 3-mile beach, kayak its mangrove trails, or hike under live oaks. [floridastateparks.org/caladesiisland](http://floridastateparks.org/caladesiisland) \*





You don't have to spend money like a jet-setter  
TO ENJOY THE WILDLIFE.



*Fig. 1  
Red Fox*



*Fig. 2 Black-Tailed Jackrabbit*



*Fig. 3  
American Bison*



*Fig. 4  
Porcupine*



*Fig. 5 Bighorn Sheep*



*Fig. 6 Black Bear*



*Fig. 7 Bobcat*

Go Affordably. Go RVing. Nature and adventure are within reach—and within budget. Simply hop in an RV and take off. See how RVing stacks up to other modes of travel with our Vacation Cost Comparison at [GoRVing.com](http://GoRVing.com). WHAT WILL YOU DISCOVER?

Go RVing.





# Kosciusko, Mississippi

*Makes Us Glad We Live in the South*



Antranette Sallis and husband Moses at Frenchie's



Oprah Winfrey once attended church here.



**Come on Down:**

About an hour from both Starkville and Jackson

**K**osciusko (Coz-see-S-co) has the charm you want in an ideal Southern community, plus one quality others can't claim: It's the hometown of one of the biggest stars in the world. Oprah Winfrey grew up in this Mississippi town, and locals take pride in that.

On Oprah Winfrey Road sits Buffalo United Methodist Church, where the star gave her first Easter speech at age 4. At the Rib Alley Restaurant downtown, you might run

into Oprah's 82-year-old cousin, Katharine Carr Esters ("Aunt Katharine").

"When Oprah would play with other children," Katharine says, "she'd find something to stand on to be seen. She was a star even then."

That streak of individualism is also evident in Miss L.V. Hull's garden. Filled with shoes, ceiling fans, and garden implements all brightly painted by the late folk artist, the garden is open by appointment.

Kosciusko features another national icon: The

town is along the Natchez Trace Parkway. The legendary byway brings visitors here, but nothing garners as much interest from tourists or locals as Oprah.

Antranette French Sallis, who serves some of the state's best ribs at Frenchie's Fine Foods, looks forward to the star's visit. "Oprah hasn't been in yet," she says. "But we expect her any day." \*

BY FARRAH AUSTIN

★ *What a Real Local Knows...*

**BEST DAY OF THE YEAR:**

April 24, as the Natchez Trace Festival gets underway. You'll find arts and crafts, classic cars, and food worth breaking your diet.

**BEST PLACE TO BE ON SATURDAY MORNING:**

Joining the wisecracking group of men that gathers to sip coffee and tell tall tales over plates of stone-ground grits and biscuits at Rib Alley Restaurant.

**OTHER FAMOUS**

**KOSCIUSKOIANS:** James Meredith, the first African American student to attend the University of Mississippi, and Carolyn Bennett Patterson, the first female editor of *National Geographic* magazine.



# ADVAIR DISKUS<sup>®</sup> 100/50

(fluticasone propionate 100 mcg and salmeterol 50 mcg inhalation powder)

Did you know  
asthma has two  
main causes?

Airway  
constriction and  
inflammation.

ADVAIR  
treats both  
of them.

Which helps  
prevent symptoms  
from occurring in  
the first place.

## Important Safety Information About ADVAIR DISKUS

- Prescription ADVAIR won't replace fast-acting inhalers for sudden symptoms and should not be taken more than twice a day. ADVAIR is for people who still have symptoms on another asthma controller, or who need two controllers. ADVAIR contains salmeterol. In patients with asthma, medicines like salmeterol may increase the chance of asthma-related death. So ADVAIR is not for people whose asthma is well controlled on another controller medicine.
- Talk to your doctor about the risks and benefits of treating your asthma with ADVAIR. Do not use ADVAIR with long-acting beta<sub>2</sub>-agonists for any reason. If you are taking ADVAIR, see your doctor if your asthma does not improve or gets worse. Thrush in the mouth and throat may occur.
- Tell your doctor if you have a heart condition or high blood pressure. Some people may experience increased blood pressure, heart rate, or changes in heart rhythm. ADVAIR is for patients 4 years and older. For patients 4 to 11 years old, ADVAIR 100/50 is for those who have asthma symptoms while on an inhaled corticosteroid.


Please see accompanying Important Safety Information about ADVAIR DISKUS on next page.


You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

**Get your first full prescription FREE.\***  
**Go to [ADVAIR.com](http://ADVAIR.com) or call 1-800-4ADVAIR.**

\*Subject to eligibility. Restrictions apply.



 GlaxoSmithKline

 If you don't have prescription coverage and can't afford your medicines, visit [GSKforYou.com](http://GSKforYou.com) or call 1-866-GSK-FOR-U (1-866-475-3678)



**What is the most important information I should know about ADVAIR DISKUS?**

- In patients with asthma, long-acting beta<sub>2</sub>-agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), may increase the chance of death from asthma problems. In a large asthma study, more patients who used salmeterol died from asthma problems compared with patients who did not use salmeterol. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, changes your chance of death from asthma problems seen with salmeterol. Talk with your healthcare provider about this risk and the benefits of treating your asthma with ADVAIR DISKUS.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a fast-acting inhaler (short-acting beta<sub>2</sub>-agonist medicine) with you to treat sudden symptoms. If you do not have a fast-acting inhaler, contact your healthcare provider to have one prescribed for you.
- Do not stop using ADVAIR DISKUS unless told to do so by your healthcare provider because your symptoms might get worse.
- ADVAIR DISKUS should be used only if your healthcare provider decides that another asthma-controller medicine alone does not control your asthma or that you need 2 asthma-controller medicines.
- Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS. You may need different treatment.
- Get emergency medical care if:
  - breathing problems worsen quickly, and
  - you use your fast-acting inhaler, but it does not relieve your breathing problems.

**What is ADVAIR DISKUS?**

- ADVAIR DISKUS contains 2 medicines:
  - fluticasone propionate (the same medicine found in FLOVENT<sup>®</sup>), an inhaled corticosteroid medicine. Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
  - salmeterol (the same medicine found in SEREVENT<sup>®</sup>), a LABA. LABA medicines are used in patients with asthma or chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.

**Asthma**

ADVAIR DISKUS is used long term, twice a day, to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children ages 4 and older.

**Chronic Obstructive Pulmonary Disease (COPD)**

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, twice a day, to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

**Who should not use ADVAIR DISKUS?**

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

**What should I tell my healthcare provider before using ADVAIR DISKUS?**

Tell your healthcare provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- are pregnant or planning to become pregnant. It is not known if ADVAIR DISKUS may harm your unborn baby
- are breastfeeding. It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby
- are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products
- are exposed to chickenpox or measles

Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines Norvir<sup>®</sup> (ritonavir capsules) Soft Gelatin, Norvir<sup>®</sup> (ritonavir oral solution), and Kaletra<sup>®</sup> (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

**How do I use ADVAIR DISKUS?**

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. Do not use ADVAIR DISKUS more often than prescribed. ADVAIR DISKUS comes in 3 strengths. Your healthcare provider will prescribe the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation twice a day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- While you are using ADVAIR DISKUS twice a day, do not use other medicines that contain a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.
- Do not change or stop any of your medicines used to control or treat your breathing problems. Your healthcare provider will adjust your medicines as needed.
- Make sure you always have a fast-acting inhaler with you. Use your fast-acting inhaler if you have breathing problems between doses of ADVAIR DISKUS.

**Call your healthcare provider or get medical care right away if:**

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use 1 whole canister of your fast-acting inhaler in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

**What are the possible side effects with ADVAIR DISKUS?**

- See "What is the most important information I should know about ADVAIR DISKUS?"
- Patients with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms:
  - increase in mucus (sputum) production
  - change in mucus color
  - increased breathing problems
  - increased cough
  - fever
  - chills
- serious allergic reactions. Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction, including:
  - rash
  - swelling of the face, mouth, and tongue
  - hives
  - breathing problems
- increased blood pressure
- chest pain
- a fast and irregular heartbeat
- headache
- tremor
- nervousness
- weakened immune system and a higher chance of infections
- lower bone mineral density. This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- eye problems including glaucoma and cataracts. You should have regular eye exams while using ADVAIR DISKUS.
- slowed growth in children. A child's growth should be checked often.

**Other common side effects include:**

- hoarseness and voice changes
- throat irritation
- thrush in the mouth and throat
- respiratory tract infections

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at [www.advaair.com](http://www.advaair.com).

ADVAIR DISKUS, DISKUS, FLOVENT, and SEREVENT are registered trademarks of GlaxoSmithKline. Norvir and Kaletra are registered trademarks of Abbott Laboratories.



# Where To Stay in New Orleans

These NOLA hotels are hard to beat. All in or near the French Quarter, they're tops for location, style, and Big Easy flavor.

BY JENNIFER MCKENZIE FRAZIER

## HOTEL

## WHO'S IT FOR?

## WHY STAY HERE?

## THE DRAWBACKS

### The Ritz-Carlton

921 Canal St., [ritzcarlton.com](http://ritzcarlton.com). Rooms start at \$239.

Believe it or not, savvy travelers looking for a deal. Rates in summer can dip into the \$150 range. The grande dame on Canal is just blocks from the French Quarter.

To experience reinvention at a classic hotel. Try the restaurant redo, M Bistro, by Dublin-born chef Matt Murphy. What doesn't change? The same aah-worthy beds.

Added fees: \$36/day for parking, \$12.95/day for Internet. For a true hotel pool, guests must walk two blocks to the JW Marriott or Marriott International.

### Soniat House

1133 Chartres St., [soniathouse.com](http://soniathouse.com). Rooms start at \$245.

Couples on a romantic getaway. This tiny inn permits no kids under age 10. It's as Southern as this city gets, with hot biscuits delivered to rooms in the morning.

The 30 rooms feel like a stately home. With balconies, a spacious garden courtyard, and elegant antiques, Soniat House makes guests feel like NOLA royalty.

Rates can be high. Plus, the property is located in a quiet residential section of the French Quarter—a plus or a minus, depending on your point of view.

### The Roosevelt

123 Baronne St., [therooseveltneworleans.com](http://therooseveltneworleans.com). Rooms start at \$199.

Those who want to step into the most sophisticated scene in New Orleans—or history buffs. The block-long, ornate gilded lobby is breathtaking.

Having just undergone a \$170-million restoration, this 1920s masterpiece blends old-school touches with modern comfort (bathroom TVs, five-head massaging showers).

The lobby can feel a bit like a tourist destination at times. Added fees include: \$38 for daily valet parking (which we recommend), \$12.95/day for Internet.

### Bienville House

320 Decatur St., [bienvillehouse.com](http://bienvillehouse.com). Rooms start at \$109.

Visitors looking for an inn near Jackson Square and those who like to explore: Walk to the free ferry across the Mississippi River to the Algiers Point neighborhood.

Location, location, location. This inn sits in the heart of the French Quarter, so you can forget taxis. An idyllic courtyard and saltwater pool don't hurt either.

This 83-room hotel sits right across the street from the House of Blues, a late-night challenge for light sleepers. Plus, there's no fitness center, and parking is \$20/day.



# April in the South

Where to go and what to see in your region this month

## Time for Easter Egg Hunts!

**OCEAN CITY EASTER EGG HUNT**  
OCEAN CITY, MARYLAND, APRIL 2-4  
[oceanpromotions.info](http://oceanpromotions.info) or 410-213-8090

**EASTER WEEKEND AT LEWIS GINTER BOTANICAL GARDEN**  
RICHMOND, VIRGINIA, APRIL 3-4  
[lewisginter.org](http://lewisginter.org) or 804-262-9887



## DELAWARE

★ **DEWEY BEACH**  
**DELAWARE MUSIC FESTIVAL**, APRIL 2-3. Take in the tunes from 30 bands on four different stages at the Rusty Rudder restaurant in Dewey Beach. [deweybeachfest.com/demusicfest](http://deweybeachfest.com/demusicfest) or 302-227-3888

★ **WILMINGTON**  
**WEE ONES AT WINTERTHUR**, APRIL 7, 21. Bring your children, ages 3-5, to hear stories about the Winterthur Estate and gardens. [winterthur.org](http://winterthur.org) or 302-888-4600.

★ **DOVER**  
**DOVER DAYS FESTIVAL**, APRIL 30-MAY 2. Celebrate the history of the First State. [visitdover.com](http://visitdover.com)

## MARYLAND

★ **BALTIMORE**  
**HIGHLANDTOWN WINE FESTIVAL**, APRIL 18. Stroll and sip your way through tastings and competitions during this annual celebration of home winemaking. [highlandtown.com](http://highlandtown.com)

★ **OCEAN CITY**  
**MARYLAND INTERNATIONAL KITE EXPOSITION**, APRIL 23-25. One of the country's largest kite festivals fills Ocean City's beach front with high flying demonstrations, a giant kite show, and a sport kite competition. [kiteloft.com](http://kiteloft.com) or 410-289-7855.



## VIRGINIA

★ **APPOMATTOX**  
**145TH ANNIVERSARY OF LEE'S SURRENDER**, APRIL 8-10. Held at Clover Hill Village 1 mile from the actual surrender site at the Appomattox Court House, this commemoration features living history demonstrators recreating the events of April 1865 that officially ended the Civil War. [tourappomattox.com](http://tourappomattox.com) or 304-466-2030.

★ **WILLIAMSBURG**  
**JAMES RIVER PLANTATION PROGRESSIVE GARDEN OF ARCHITECTURAL DELIGHTS TOUR**, APRIL 3, 10, 17, 24. Spend Saturdays this month strolling through several plantations and historic sites in the Williamsburg-James River area including Piney Grove at Southhall's Plantation, Ashland, Ladysmith House, Dower Quarter, and Duck Church. [pineygrove.com](http://pineygrove.com) or 804-829-2196.

## ★ NORFOLK

**VIRGINIA ARTS FESTIVAL**, APRIL 15-MAY 30. This six-week festival features a world of diverse musical, dance, and theater performances including Anoushka Shankar on sitar. [vafest.org](http://vafest.org) or 757-282-2822.

## SOUTHERNISM OF THE MONTH

### "Too wet to plow."

This phrase, often used when April showers interrupted spring planting, means that if you can't do one thing, you might as well do another. If it's too wet to plow this month in Virginia, head to the Sounds of the Mountains Music and Storytelling Festival near Roanoke, April 16-17. [soundsofthemountains.org](http://soundsofthemountains.org) or 919-469-1166.

## WASHINGTON, D.C.

**SMITHSONIAN CRAFT SHOW**, APRIL 22-25. The 28th version of this annual show and sale brings 120 American craftspeople and artists to the Smithsonian to exhibit and sell their works during one of the country's largest contemporary crafts events. Proceeds from the show benefit the Institution's education, research, and outreach programs. [smithsoniancraftshow.org](http://smithsoniancraftshow.org) or 202-633-5006. \*



**MORE GREAT EVENTS:** Find our full list of state-by-state picks—and submit your own event: [southernliving.com/calendar](http://southernliving.com/calendar)



Being tall  
enough to ride

Riding again and  
again and again

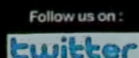
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Come in out of the cold. Reserve your sunshine on sale now. Stay 3 nights and your 4th night is free.

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[hyattgrandcypress.com](http://hyattgrandcypress.com)



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Kids free at family friendly Liki Tiki Village. Plan ahead, book today, get a free day. Online Offer: Pay 4 get 5th night free. Restrictions apply.

800.248.2301

[Stayorl.com/196](http://Stayorl.com/196)



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Marriott villas with kitchens and more. Buy 3 nights, get 2 free plus two 3-day tickets to 1 of the Walt Disney World® Theme Parks.

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### WALT DISNEY WORLD SWAN AND DOLPHIN RESORT

Room rates starting at \$159 plus kids eat free. Complimentary Walt Disney World® Resort transportation, Heavenly Beds®, and much more. Restrictions apply. Based upon availability. Promo code CVBSPRG.

800.227.1500

[swandolphin.com](http://swandolphin.com)



# Make Plans To Visit BILTMORE'S FESTIVAL OF FLOWERS



Come and stay awhile at  
Biltmore's Festival of Flowers,  
and take in all the festivities

- The Winery's 25th Anniversary
- Grand opening of Antler Hill Village
- Easter Egg Hunt on April 4
- Live music daily
- Seminars at A Gardener's Place, the estate's gardening shop
- Restaurant specials featuring anniversary menu items, drinks and desserts
- The Deerpark Art Show
- "Festival of Flowers" Ambassadors and Biltmore Gardeners Q & A sessions
- Retail store specials

Gorgeous blooms take center stage at **Biltmore's Annual Festival of Flowers, April 3–May 16.**

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The estate-wide event pays tribute to the genius of Frederick Law Olmsted, America's foremost landscape architect and the man George Vanderbilt chose more than a century ago to design the plan for his 8,000-acre property. From lush forests to formal gardens, Olmsted's final and grandest project continues to mature and grow more beautiful each year.

Biltmore guests expect spectacular tulips year after year as 40,000 blooms mark the beginning of the festival. Don't miss the Walled Garden where the tulips put on their most stunning display. Stroll through the 20-acre Azalea Garden to experience the vibrant colors of this beloved Southern shrub. For cascades of native and exotic blooms, meander along the walking trails of the natural gardens. Don't miss the lovely patterns of annuals planted in the estate flowerbeds.

Spring color is not limited to the great outdoors during the festival. Check out the French-inspired floral arrangements in Biltmore House and the elaborate container gardens of the Conservatory. Take notice of the accents of silver throughout the estate, in honor of this Silver Anniversary, and the blooming carpet made of fresh mums and carnations in the entrance hall.



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LEFT: Setting the table for the next tour group

BELOW: 18th-century-style coffee cooked in copper pots



## A Sip of Colonial Coffee

Visit the first addition to Colonial Williamsburg in more than 50 years. BY **ANNETTE THOMPSON**

**C**olonial Williamsburg faithfully reproduces the 1760s in living color, complete with costumed actors who may steal incredulous looks at your cell phone. Yet on my way to see the new R. Charlton's Coffeehouse, the first reconstruction here in five decades, I halfway expected a glorified concession where a barista in a tricorne hat would brew my cappuccino.

But Williamsburg's curators would never allow Wi-Fi, mocha soy lattes, or other modern nonsense. (How revolutionary!) Charlton's offers a taste of a real 18th-century coffeehouse.

I joined a 20-minute tour through Charlton's, set in a reconstructed build-

ing next to the capitol. Our guide—a young man in a waistcoat, hair tied back with a ribbon—explained that the porch and three public rooms in the clapboard house were a hotbed of political conversation during 1765. They were also a refuge. Dignitaries and the well-to-do supped in the private dining room with wall-to-wall carpet (rare in the 18th century). If they wanted to rub elbows with commoners, they visited the public dining area, where the King's proclamations hang on the walls.

We took seats at tables set with cups of sugar and pots of cream. Affable gents offered coffee, hot chocolate, or tea from a pewter service. A colonial fellow sitting by the fire introduced himself as

Richard Henry Lee and asked what we thought about the problematic stamp tax. Before I could reply—or even request a refill—the servers gathered our cups. No lingering here.

As I walked out the door, a round woman in an apron tossed her bonnet strings in a huff. “I’ve gone through much sugar today!” she said. “One man used so much that I asked did he need a second cup for the sugar and some flour, so he could bake it in a cake!” I asked where to find more chocolate or coffee. She suggested I visit the Greenhow's Store, where I could purchase bags to carry home.

Walking down Duke of Gloucester Street, I realized Charlton's isn't so unlike today's corner coffee shops. It's still the place to catch up on what's happening in town. \*

**CHARLTON'S COFFEEHOUSE:** *Tours are included in regular admission (\$35) to Colonial Williamsburg. [history.org](http://history.org)*



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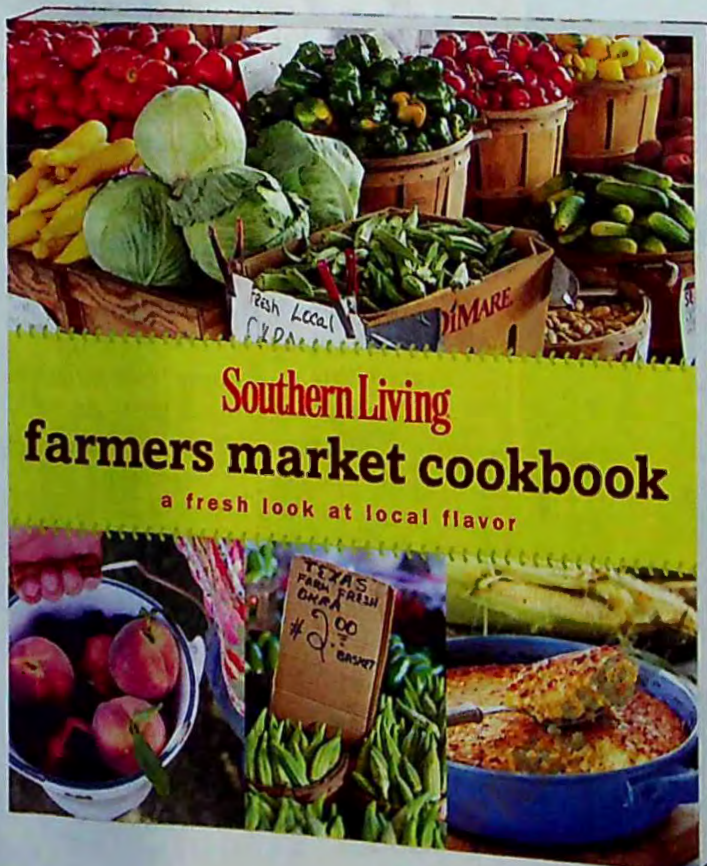
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## Southern Beer on the Rise

Breweries around the South are booming, creating some of the most innovative beers anywhere in the country.

BY LYNN SELDON

Everyone knows the South has some of the best food on the planet. From white-tablecloth spots on King Street in Charleston to 'cue shacks in the Texas Hill Country, the flavors of our region have helped shape the culinary scene nationwide. Now, we're duplicating the success with beer.

Southerners took awhile to get on the bandwagon of hand-crafted brews. In many instances, state regulations made brewing and selling innovative beer more difficult than in other parts of the country. But now that many of those laws have loosened, breweries and brewpubs are popping up in cities from Asheville to Austin, serving beers made from unmistakably Southern ingredients such as sweet potatoes and pecans.

Wherever you are in the region, you're more likely than ever to find breweries making great beer. Here are four of our favorites.





#### ◀ **Lazy Magnolia Brewing Company** **KILN, MISSISSIPPI**

Mark and Leslie Henderson founded Mississippi's first and only brewery since Prohibition in 2004. Since then, the couple has built a loyal following for beers like Southern Pecan Nut Brown Ale (thought to be the first beer commercially brewed with whole roasted pecans). [lazymagnolia.com](http://lazymagnolia.com)

#### **Cigar City Brewing** **TAMPA, FLORIDA**

Tampa native Joey Redner made beer, sold beer, and wrote about beer before opening his micro-brewery in 2009. Joined by brewmaster Wayne Wambles, Joey uses local ingredients to turn out a variety of beers such as Guava Grove, a pale-colored Belgian-style ale fermented with guava; and Jai Alai India Pale Ale with apricot and peach flavor. [cigarcitybeer.com](http://cigarcitybeer.com)



#### ▼ **Southern Star Brewing** **CONROE, TEXAS**

Cans are now all the craze for freshness, and Southern Star satisfies with their expanding 12-ounce six packs line, including Pine Belt Pale Ale, Bombshell Blonde, and, most recently, Buried Hatchet Stout. Located about 40 miles north of Houston in the small town of Conroe, the brewery made its first batch of ales in 2008. [southernstarbrewery.com](http://southernstarbrewery.com)



#### **Duck-Rabbit Craft Brewery** **FARMVILLE, NORTH CAROLINA**

Duck-Rabbit's founder Paul Philippon, a former philosophy professor, started brewing dark beers in 2004. Paul based his unusual Duck-Rabbit logo on an optical illusion he found in a book. But his smooth-as-silk Milk Stout isn't an illusion. The expertly brewed dark beer is one of Duck-Rabbit's most popular and remains the defining brew of its class. [duckrabbitbrewery.com](http://duckrabbitbrewery.com) \*



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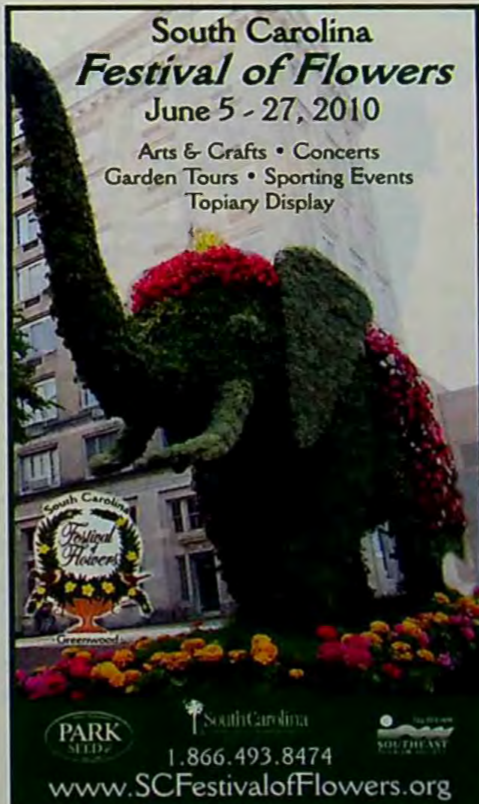
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820	REAL ESTATE																				
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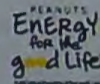
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# Home

IDEAS, INSPIRATIONS & PROJECTS

*Go for a quick and cheap change—paint your front door a fresh color.*



## *Spring is at the Door*

Try a handwoven basket filled with bundles of cheery flowers and colorful hollowed-out eggs your kids have dyed. Layers of florist foam and moss keep everything in place.





Surrounded by shutters, the Hoods' front porch serves as an outdoor living room.



Coastal architecture is defined by simple details and low-pitched roofs.



# Timeless Coastal Charm

Do you long to be on the beach, but water's nowhere in sight? Instead of waiting, take some tips from these South Carolina homeowners to turn your own home into a seaside retreat. **BY ROBERT MARTIN**

**P**icture rolling sand dunes, glistening seashells washing ashore, and motionless seagulls hanging effortlessly in azure blue skies above.

Peaceful and relaxing, isn't it? But even if you don't live anywhere near the coast and an upcoming trip to one may seem unlikely, you can still set the scene by turning your own home into a breezy, beach-inspired getaway.

Homeowners Sheila and Dennis

Hood did just that in their lovely cottage in Palmetto Bluff near Bluffton, South Carolina. While this community is set within the fertile and historic marshlands of South Carolina's Lowcountry, the sand and surf of the Atlantic are still a little distance away. Undaunted by their distance from the sea, the Hoods established their own isle of tranquillity through thoughtful coastal-styled architecture, well-chosen materials, soothing colors, and sea-inspired accessories.

## Style that Captures the Coast

The Hoods' home resembles a quaint beachcomber's cottage. Similar sturdy and modest structures have epitomized the South's coastal communities for over a century. In keeping with this aesthetic and in response to the local climate, Jim Strickland and his team at Historical Concepts in Peachtree City, Georgia, called for wide roof overhangs, simple details, and comfortable porches to catch refreshing breezes. Sheila,



Dennis, and dog Annie know this well because they spend so much time enjoying these sheltered spaces.

If the homeowners need more seclusion or shade, all they have to do is close a bank of shutters. These handy panels combined with decorative solid walls below and fixed louvered shutters above further transform both ends of the porch into cozy outdoor rooms. Operable shutters also flank the French doors inside the porch. "I love using shutters with adjustable slats because even when closed, the slats can be positioned to let air circulate," says Jim. "Plus, being on this porch when it's raining, with all the shutters pulled shut, is such a treat."

## Materials Convey a Simpler Time

The casual, take-it-easy essence of the Hoods' bungalow is evident in its corrugated-metal roof, simple wood box columns, and tabby-formed chimney and foundation piers. "These are all materials that the locals used in the past to construct their homes," explains Jim. "They built with whatever was readily available around them, which often resulted in straightforward structures that were passed down through the generations."

Inside, walls covered with horizontal reclaimed cypress boards lend a subtle texture and aroma that gypsum drywall just can't provide. "We make every attempt to build a house with sustainable materials," states Bill Mischler with Genesis Construction in Bluffton, "and the Hoods' home is no exception." Beaded-board ceilings, both on the front porch and indoors, further capture a nostalgic, long-standing quality.

## Sea-Inspired Inside and Out

At first glance, the gray-blue surrounding shutters and shake siding establish a soothing color palette that continues throughout the house. Even the mix-and-match pillows on the porch reflect various shades of water and sky.

Assisted by interior designer Ruth Edwards of nearby Hilton Head Island, Sheila didn't want to overplay the blue



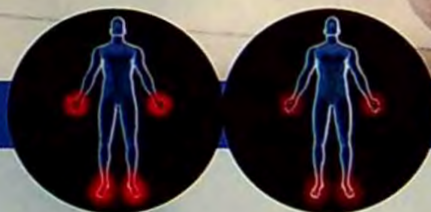
While not a Southern invention, shutters are a part of Deep South design.



To help the modest-size home live large, the front room is one big open area.



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*Please see Important Facts Brief Summary on adjacent page.*

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# IMPORTANT FACTS



(LEER-i-kah)

## IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:

- Swelling of your face, mouth, lips, gums, tongue or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.

Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:

- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet.

This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness.

Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

## ABOUT LYRICA

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- Anyone who is allergic to anything in LYRICA

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Tell your doctor about all your medical conditions, including if you:

- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements.

LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:

- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

## BEFORE STARTING LYRICA, continued

- Avandia® (rosiglitazone)\*, Avandamet® (rosiglitazone and metformin)\* or Actos® (pioglitazone)\*\* for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
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LYRICA may cause serious side effects, including:

- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:

- Dizziness
- Trouble concentrating
- Blurry vision
- Swelling of hands and feet
- Weight gain
- Dry mouth
- Sleepiness

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

## HOW TO TAKE LYRICA

Do:

- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don't:

- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

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The table behind the sofa helps divide the room.

tones inside, so she used them sparingly in the living area. Where the walls are neutral, eye-catching cushions, throws, and painted furniture keep things upbeat. The slate surround of the fireplace, along with the landscape painting above the mantel, reinforce Ruth and Sheila's color scheme.

The kitchen shares this same interplay of color, with the cabinetry, marble countertops, and backsplash, creating an off-white backdrop for bowls, trays, and dishware. "Again, we didn't want our use of blue to be too heavy-handed or expected," says Sheila. Nautical-style lighting above the island helps carry the coastal look into this space.

### Accessories Bring in the Beach

The Hoods have made their front porch one of the most congenial outdoor spots in Palmetto Bluff because their house doesn't have a conventional foyer—pairs of French doors open right into the main living room. This in-between space is where they greet guests and neighbors, so it is here that their coastal touches begin.

The Hoods decorated their front porch with lamps that look like sea-weathered wood, sisal rugs, and throw pillows with wavy and coral-like



Sand-colored cabinets and nautical-style lighting anchor the kitchen.



## Home

patterns inspired by the Atlantic Ocean just a short drive away. The back porch is outfitted with coral-patterned pillows and a swinging day-bed. Instead of shutters, the couple relies on durable draperies made from waterproof sailcloth for shade and privacy. Potted ferns add the lushness of nearby marshlands.

Tortoise shells and conch shells accessorize the living area, while starfish adorn the mantel. Books on South Carolina's coastal area lie stacked on the coffee table and topped with shells. Vases of palm fronds simply picked up from outside complete the tropical ambience. "Besides being pleased with the architectural outcome, I must give Sheila and Dennis special credit for their added touches," says Jim. "They took the bones of a fun, comfortable house and gave it a refreshing, resort-like sophistication." \*



The Hoods rely on the front porch as an extension of the interior.

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The daybed-like swing turns the back porch into a comfy retreat.

## Features of the Lowcountry Style

Defined as South Carolina's and upper Georgia's outer Coastal Plain, the Lowcountry was occupied by a host of European settlers. These inhabitants, along with the local Gullah and Geechee people, have stamped their own character on the architecture. The area's steamy climate also demands certain design decisions to make homes more comfortable. Here are some key features of Lowcountry architecture.

- **Protection from the elements.** Broad roof overhangs with unique rafter tails help shade interiors. Metal

roofs add to the aesthetic. Shutters that can close for protection during storms complete the look.

- **Durable materials.** Stucco on brick and tabby is a common choice. Tabby is the material used on this house. This mixture of crushed oyster shells that dries like concrete was often used by early settlers because its ingredients were readily found along the coast.

- **Emphasis on natural ventilation.** Porches and structures raised up on piers encourage good airflow. Inside, windows and doors are often aligned to allow for interior cross breezes.



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## Done in a Day

# A Custom Table Lamp

Transform ordinary pots or planters into extraordinary table lamps with very little time and money—no electrician required! PRODUCED BY **JENNIFER BERNO**

A beautiful table lamp is the best finishing touch in a room. Along with a soft glow for reading or ambient light, the lamp's shape, color, or texture can add that just-right layer to a room's look. Instead of searching high and low for the perfect piece and spending a bundle on an expensive ready-made fixture, try making your own lamp with a pot from the garden shed or a vase that was a great find at an antiques shop.

The necessary supplies, including an inexpensive lamp kit, can be found online or at your local home-improvement store. Don't be worried if you've never tried your hand at wiring. The kit comes with easy-to-follow directions, and the project requires just three easy steps: 1) assembling the lamp kit; 2) securing the lamp parts inside the base of the pot using plaster of Paris; and 3) topping the lamp with an appropriate shade. It's that simple.

Turn the page for more details on the materials needed and the steps necessary for creating your custom lamp.

A humble terra-cotta pot makes a charming bedside lamp.



LEFT: Take your pick! This project works with virtually any container at the garden shop.





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## What You Need

Here are the products and supplies required to create your lamp.



**Pot or vase:** We chose a tall, white faux-bois vase and a moss-covered terra-cotta pot. It's okay to use a pot with a drainage hole, but you will need to plug it.



**Lamp kit:** Our kit from [lampstuff.com](http://lampstuff.com) included a pre-cut pipe 1 inch taller than our pot, a wired socket, and a harp.



**Plaster of Paris and a putty trowel:** Both are available at your local hardware store.



**Lampshade:** Take your pot to a lamp shop to find the best match. **Editor's tip:** The width of the shade should not exceed the height of the lamp base.

## How You Do It

Creating your own lamp is easy if you plan ahead and follow these three simple steps.



**1 Assemble the lamp kit.** Check your lamp kit for all the parts: threaded pipe, wired socket, hex nuts, washers, fiber disc, and harp. If your threaded pipe was not pre-cut, cut it to measure about 1 inch longer than the height of your pot. Attach the large fiber disc and washer to one end of the threaded pipe, and secure it between two hex nuts—this will go in the base of the pot. Screw the socket on the other end of the pipe, and tighten.



**2 Secure outfitted pipe inside pot.** Following the instructions on the box of plaster of Paris, mix enough to fill about one-fourth the depth of your pot. (**Editor's tip:** The plaster dries quickly, so be ready to pour immediately after mixing.) Center the pipe, socket side up, inside the pot. Rest the fiber disc on the bottom, and pour in the plaster. Use your trowel to spread the plaster evenly in the pot, and allow it to set for at least one hour. You might need to hold the socket centered for a few minutes.



**3 Finish the look.** After the plaster dries enough so that the pipe does not budge, attach the harp to the socket. Place your lampshade atop the harp, and secure with a finial. The cord should run from the side of the socket, over the top edge of the pot, and to an outlet. (**Editor's tip:** Stick adhesive felt pads, available at a home-improvement store, on the bottom of the pot so it won't scratch your table.)\*



## Make It Yours

Choose a shade that complements the shape and scale of your lamp base and the colors in your room. This tall, cylindrical vase called for an A-shaped shade. There should be about 1 inch between the bottom of the shade and the top of the base. If necessary, swap out your harp or use a finial riser to ensure a proper fit. **Note:** Harps come in half-inch size increments.





Spring is in the air. Allergies aren't far behind.

This time of year you go nose to nose with allergens every day, so maybe it's time to ask your doctor about options, like prescription SINGULAIR. Most allergy medicines block histamine. SINGULAIR works differently by blocking leukotrienes, an underlying

Eligible patients may **SAVE** up to

**\$20**

on a qualifying prescription for

**SINGULAIR**  
(MONTELUKAST SODIUM)

or allergy symptoms –  
ergies.

ore throat, and upper  
ression or anger, bad  
ssness, sleepwalking,  
ve these or any other  
on drugs to the FDA.

about SINGULAIR,

CE-A-DAY  
**SINGULAIR**  
(MONTELUKAST SODIUM)



reserved. 20952848(3)(415)-SHG-CON



**Patient Information**  
**SINGULAIR® (SING-u-lair) Tablets, Chewable Tablets, and Oral Granules**  
**Generic name: montelukast (mon-te-LOO-kast) sodium**

Read this information before you start taking SINGULAIR®. Also, read the leaflet you get each time you refill SINGULAIR, since there may be new information in the leaflet since the last time you saw it. This leaflet does not take the place of talking with your doctor about your medical condition and/or your treatment.

**What is SINGULAIR®?**

- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Blocking leukotrienes improves asthma and allergic rhinitis. SINGULAIR is not a steroid. Studies have shown that SINGULAIR does not affect the growth rate of children. (See the end of this leaflet for more information about asthma and allergic rhinitis.)

SINGULAIR is prescribed for the treatment of asthma, the prevention of exercise-induced asthma, and allergic rhinitis:

**1. Asthma.**

SINGULAIR should be used for the long-term management of asthma in adults and children ages 12 months and older.

**Do not take SINGULAIR for the immediate relief of an asthma attack.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.

**2. Prevention of exercise-induced asthma.**

SINGULAIR is used for the prevention of exercise-induced asthma in patients 15 years of age and older.

**3. Allergic Rhinitis.**

SINGULAIR is used to help control the symptoms of allergic rhinitis (sneezing, stuffy nose, runny nose, itching of the nose). SINGULAIR is used to treat seasonal allergic rhinitis (outdoor allergies that happen part of the year) in adults and children ages 2 years and older, and perennial allergic rhinitis (indoor allergies that happen throughout the year) in adults and children ages 6 months and older.

**Who should not take SINGULAIR?**

Do not take SINGULAIR if you are allergic to SINGULAIR or any of its ingredients.

The active ingredient in SINGULAIR is montelukast sodium.

See the end of this leaflet for a list of all the ingredients in SINGULAIR.

**What should I tell my doctor before I start taking SINGULAIR?**

Tell your doctor about:

- Pregnancy:** If you are pregnant or plan to become pregnant, SINGULAIR may not be right for you.
- Breast-feeding:** If you are breast-feeding, SINGULAIR may be passed in your milk to your baby. You should consult your doctor before taking SINGULAIR if you are breast-feeding or intend to breast-feed.
- Medical Problems or Allergies:** Talk about any medical problems or allergies you have now or had in the past.
- Other Medicines:** Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, and herbal supplements. Some medicines may affect how SINGULAIR works, or SINGULAIR may affect how your other medicines work.

**How should I take SINGULAIR?**

**For adults and children 12 months of age and older with asthma:**

- Take SINGULAIR **once a day in the evening.**
- Take SINGULAIR every day for as long as your doctor prescribes it, even if you have no asthma symptoms.
- You may take SINGULAIR with food or without food.
- If your asthma symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, call your doctor right away.
- Do not take SINGULAIR for the immediate relief of an asthma attack.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
- Always have your inhaled rescue medicine for asthma attacks with you.
- Do not stop taking or lower the dose of your other asthma medicines unless your doctor tells you to.

**For patients 15 years of age and older for the prevention of exercise-induced asthma:**

- Take SINGULAIR at least 2 hours before exercise.
- Always have your inhaled rescue medicine for asthma attacks with you.
- If you are taking SINGULAIR daily for chronic asthma or allergic rhinitis, do not take an additional dose to prevent exercise-induced asthma. Speak to your doctor about your

treatment of exercise-induced asthma.

- Do not take an additional dose of SINGULAIR within 24 hours of a previous dose.

**For adults and children 2 years of age and older with seasonal allergic rhinitis, or for adults and children 6 months of age and older with perennial allergic rhinitis:**

- Take SINGULAIR once a day, at about the same time each day.
- Take SINGULAIR every day for as long as your doctor prescribes it.
- You may take SINGULAIR with food or without food.

**How should I give SINGULAIR oral granules to my child?**

Do not open the packet until ready to use.

SINGULAIR 4-mg oral granules can be given:

- directly in the mouth;
- dissolved in 1 teaspoonful (5 mL) of cold or room temperature baby formula or breast milk;
- mixed with a spoonful of one of the following soft foods at cold or room temperature: applesauce, mashed carrots, rice, or ice cream.

Be sure that the entire dose is mixed with the food, baby formula, or breast milk and that the child is given the entire spoonful of the food, baby formula, or breast milk mixture right away (within 15 minutes).

**IMPORTANT:** Never store any oral granules mixed with food, baby formula, or breast milk for use at a later time. Throw away any unused portion.

Do not put SINGULAIR oral granules in any liquid drink other than baby formula or breast milk. However, your child may drink liquids after swallowing the SINGULAIR oral granules.

**What is the dose of SINGULAIR?**

**For asthma—Take once daily in the evening:**

- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet or one packet of 4-mg oral granules for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 12 to 23 months of age.

**For exercise-induced asthma—Take at least 2 hours before exercise, but not more than once daily:**

- One 10-mg tablet for adults and adolescents 15 years of age and older

**For allergic rhinitis—Take once daily at about the same time each day:**

- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 2 to 5 years of age with seasonal allergic rhinitis, or for children 6 months to 5 years of age with perennial allergic rhinitis.

**What should I avoid while taking SINGULAIR?**

If you have asthma and if your asthma is made worse by aspirin, continue to avoid aspirin or other medicines called non-steroidal anti-inflammatory drugs while taking SINGULAIR.

**What are the possible side effects of SINGULAIR?**

The side effects of SINGULAIR are usually mild, and generally did not cause patients to stop taking their medicine. The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medicine).

The most common side effects with SINGULAIR include:

- stomach pain
- stomach or intestinal upset
- heartburn
- tiredness
- fever
- stuffy nose
- cough
- flu
- upper respiratory infection
- dizziness
- headache
- rash

Less common side effects that have happened with SINGULAIR include:

- increased bleeding tendency
- allergic reactions (including swelling of the face, lips, tongue, and/or throat (which may cause trouble breathing or swallowing), hives and itching)
- drowsiness, pins and needles/numbness, seizures (convulsions or fits)
- palpitations
- nose bleed
- diarrhea, indigestion, inflammation of the pancreas, nausea, vomiting
- hepatitis
- bruising

- joint pain, muscle aches and muscle cramps
- swelling

Behavior and mood-related changes have been reported: agitation including aggressive behavior or hostility, bad/vivid dreams, depression, feeling anxious, hallucinations (seeing things that are not there), irritability, restlessness, sleep walking, suicidal thoughts and actions (including suicide), tremor, trouble sleeping. Tell your doctor if you experience behavior or mood-related changes while taking SINGULAIR.

Rarely, asthmatic patients taking SINGULAIR have experienced a condition that includes certain symptoms that do not go away or that get worse. These occur usually, but not always, in patients who were taking steroid pills by mouth for asthma and those steroids were being slowly lowered or stopped. Although SINGULAIR has not been shown to cause this condition, you must tell your doctor right away if you get one or more of these symptoms:

- a feeling of pins and needles or numbness of arms or legs
- a flu-like illness
- rash
- severe inflammation (pain and swelling) of the sinuses (sinusitis)

These are not all the possible side effects of SINGULAIR. For more information ask your doctor or pharmacist.

Talk to your doctor if you think you have side effects from taking SINGULAIR.

**General Information about the safe and effective use of SINGULAIR**

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use SINGULAIR for a condition for which it was not prescribed. Do not give SINGULAIR to other people even if they have the same symptoms you have. It may harm them. Keep SINGULAIR and all medicines out of the reach of children.

Store SINGULAIR at 25°C (77°F). Protect from moisture and light. Store in original package.

This leaflet summarizes information about SINGULAIR. If you would like more information, talk to your doctor. You can ask your pharmacist or doctor for information about SINGULAIR that is written for health professionals.

**What are the ingredients in SINGULAIR?**

Active ingredient: montelukast sodium

SINGULAIR chewable tablets contain aspartame, a source of phenylalanine.

Phenylketonurics: SINGULAIR 4-mg and 5-mg chewable tablets contain 0.674 and 0.842 mg phenylalanine, respectively.

Inactive ingredients:

- 4-mg oral granules:** mannitol, hydroxypropyl cellulose, and magnesium stearate.
- 4-mg and 5-mg chewable tablets:** mannitol, microcrystalline cellulose, hydroxypropyl cellulose, red ferric oxide, croscarmellose sodium, cherry flavor, aspartame, and magnesium stearate.
- 10-mg tablet:** microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, hydroxypropyl methylcellulose, titanium dioxide, red ferric oxide, yellow ferric oxide, and carnauba wax.

**What is asthma?**

Asthma is a continuing (chronic) inflammation of the bronchial passageways which are the tubes that carry air from outside the body to the lungs.

Symptoms of asthma include:

- coughing
- wheezing
- chest tightness
- shortness of breath

**What is exercise-induced asthma?**

Exercise-induced asthma, more accurately called exercise-induced bronchoconstriction occurs when exercise triggers symptoms of asthma.

**What is allergic rhinitis?**

- Seasonal allergic rhinitis, also known as hay fever, is triggered by outdoor allergens such as pollens from trees, grasses, and weeds.
- Perennial allergic rhinitis may occur year-round and is generally triggered by indoor allergens such as dust mites, animal dander, and/or mold spores.
- Symptoms of allergic rhinitis may include:
  - stuffy, runny, and/or itchy nose
  - sneezing

Rx only  
 US Patent No.: 5,565,473

Issued August 2009





Repairing might save you for now.  
Replacing will save you from now on.



**GET UP TO \$1500 IN TAX CREDIT.\*** These days you might think that repairing or tuning up your HVAC system is a good investment. But you should know that with our innovations in energy efficiency, a better investment is a replacement, especially if your system is a decade old or more. Our line of furnaces and air conditioners includes models that have earned ENERGY STAR® qualification. And that means lower energy bills will help your new system pay for itself. To find out more about tax credits, ask your dealer, visit [lennox.com](http://lennox.com) or call 1-800-9-LENNOX ([m.lennox.com](http://m.lennox.com) from your mobile device).

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# Farm-Fresh Kitchen

This Virginia homeowner's respect for the past turned a once-ramshackle room into a dreamy kitchen.

BY ROBERT MARTIN

I love to cook, and feeding my family and friends is my way of showing them how much I appreciate them," says homeowner Stephanie Dudley. Whether she realizes it or not, her bright and cheerful kitchen establishes this hospitality even before her guests take the first bite.

Such get-togethers wouldn't be possible had Stephanie not been so determined to get the kitchen of her dreams. When she bought an 1875 Tidewater farmhouse, situated in Irvington, Virginia, it required so much work that most people would have thrown up their hands in frustration. Known as Goodrest, the house had undergone a century's worth of wear and tear, and the kitchen was one step away from collapsing. "Because it essentially didn't have a foundation, the kitchen floor had deteriorated to the point that you could see the dirt crawlspace below," she says. "Between that and the extensive termite damage, there just wasn't much to save."

But salvage she must. Along with friend and kitchen designer Karen Turner, Stephanie carefully followed the Virginia Department of Historic Resources' guidelines to receive rehabilitation tax credits for her efforts. Many of the department's requirements hinged upon restoring as much of Goodrest's original structure as possible. For instance, Stephanie refurbished all of the windows she could in the kitchen, along with their internal weight-and-pulley systems, which enable the sashes



A table and built-in bench create the breakfast nook.



ABOVE: An awning window lets in lots of fresh air and light.

LEFT: Stephanie chose beaded-board cabinet fronts.

PHOTOGRAPHS: ERIK JOHNSON; STYLING: MATTHEW GLASSON



Some relationships  
are meant to be.

Pure dark chocolate.  
Light exquisite cookie.  
Made for each other.  
And for you.

MILANO.



GOOD IS IN THE DETAILS.™

[pepperidgefarm.com](http://pepperidgefarm.com)





## Home

to open and close properly. Only broken or missing panes were replaced.

Builder John D. England faithfully re-created other features that proved too far gone to rescue. He fabricated new trim and baseboards to match the rest of the home's bull's-eye maple moldings. Once he replaced the pine floors, Stephanie painted them a subtle yellow-and-white harlequin pattern to brighten the space and add an aged appearance.

She also had new cabinets made with recessed beaded-board panels to reflect the simple, homespun character of the place. Even the refrigerator and dishwasher are disguised with matching panels. Other glass-front cabinets and open shelves allow Stephanie plenty of room to display her collections of antique bowls and dishware. Well-chosen items like heart-pine countertops and a butter yellow farmstyle sink complete the kitchen's authentic look.

Surrounded by large double-hung windows, the adjacent breakfast area continues the same airy feel of the kitchen. Painted a pleasingly light blue, the dining table was handmade by a local craftsman. The playful scalloped detail of the table's skirt is echoed by the edging of the nearby window shade. The fixed bench, built to resemble the room's cabinetry, doubles as storage for oversized pots, pans, and small appliances. Its cheery striped cushions tie together the kitchen's various springlike colors and invite lingering conversations over coffee. Stephanie added other extras like a wall clock, colorful pottery, and a large pendant light to give the breakfast area some distinction while still remaining cohesive with the rest of the kitchen. \*



FIND MORE KITCHEN-DESIGN  
INSPIRATION IN OUR STYLE GUIDE:  
[southernliving.com/kitchens](http://southernliving.com/kitchens)



Stephanie added casters to this traditional table to create a movable island.



# America's Most

For more than 25 years, Kendall-Jackson has defined the highest standard of quality in wine. We've done it by refusing to compromise, selecting only the most extraordinary grapes from estate vineyards and slowly hand-crafting our wines with great care.

## FROM THE BEST LAND

\*Wine Advocate 12/31/08, 2007 Vintner's Reserve Chardonnay, 94 points





DEFINING DETAILS:

### *Farm-Style Sinks*

The nostalgic look of a farm-style sink (also called farmhouse) harkens back to a simpler time when vegetables were freshly picked from the garden and rinsed off in the kitchen. Originally, this hard-working, utilitarian style of sink was intended for tasks that required a deep basin. Its signature front apron protrudes beyond the countertop and into the space generally reserved for cabinetry. Stephanie's sink, which is actually wall-mounted, also has an integrated backsplash.

➔ LOVE IT? GET IT! PAGE 149

# Loved Chardonnay

Renowned wine critic Robert Parker awarded Kendall-Jackson Vintner's Reserve Chardonnay a rating of 90, saying it "seems to get better with each vintage." Enjoy the most popular Chardonnay in America, and try our other delicious wines as well.

## COMES THE BEST WINE



## Dear Southern Living:

# "Help us fix a problem facade."

An exterior makeover inspired by legendary Southern architect A. Hays Town bonds this Louisiana home to its region's roots. BY **REX PERRY**

**S**heryl and Leif Pedersen struggled with the mismatched gables on their home in Slidell, Louisiana. "Should we paint the stucco to match the brick mortar, or try something more?" asks Sheryl. Uniting the gables with color and matching shutters certainly helps, but architect Hoyte Johnson suggests taking the changes a step further. His new facade elevates the home from a builder's stock plan to a design inspired by late Louisiana architect A. Hays Town.

Town masterfully incorporated Louisiana's Acadian and Creole architectural traditions into his designs. Hoyte borrows from Town's frequent use of large entry columns and flared eaves for a dramatic porch that replaces one of the twin gables. The new entry breaks the symmetry of the Pedersens' home without altering the footprint of the original living space. Finishing details such as a gas copper post light and large planters bring the feel of New Orleans to the home.

### NEED IDEAS FOR CURB APPEAL?

Send photos of your home's front facade to "Dear Southern Living," P.O. Box 523, Birmingham, AL 35201; or e-mail images to [dearsl@southernliving.com](mailto:dearsl@southernliving.com). We select one home to feature each month.



### Hoyte's Inspiring Upgrades

1

#### SHUTTERS

Match a window's curved shape with arch-top shutters by HeadHouse Square Custom Shutters. [headhousesquare.com](http://headhousesquare.com)



2

#### WINDOWS

Add proper scale to openings by installing Jeld-Wen wood windows with small muntin divisions. [jeld-wen.com](http://jeld-wen.com)



3

#### GARDEN POTS

Place Americana Aquatic Gardens & Gifts pots for color, shape, and texture. [americanaquaticgardens.com](http://americanaquaticgardens.com)



4

#### ENTRY LAMP

Go bold with a Town-inspired French Quarter lantern by Bevolo Gas and Electric Lights. [bevolo.com](http://bevolo.com)







"It's such a relief not to worry about when my next cigarette is going to be."

*Robin*

Quit smoking with CHANTIX  
and support in November '08

**CHANTIX**  
(varenicline) TABLETS

**\$30 off\***

If your doctor prescribes CHANTIX, call 1-800-246-7084 or go to [www.30chantix.com](http://www.30chantix.com) for a \$30 coupon that you may be eligible to use.

With CHANTIX you can smoke during the first week of treatment.

Plus it's a non-nicotine pill that works by targeting nicotine receptors in the brain, attaching to them, and blocking nicotine from reaching them.

CHANTIX is a prescription medicine to help adults 18 and over stop smoking.

#### Important Safety Information

Some people have had changes in behavior, hostility, agitation, depressed mood, suicidal thoughts or actions while using CHANTIX to help them quit smoking. Some people had these symptoms when they began taking CHANTIX, and others developed them after several weeks of treatment or after stopping CHANTIX. If you, your family, or caregiver notice agitation, hostility, depression, or changes in behavior, thinking, or mood that are not typical for you, or you develop suicidal thoughts or actions, anxiety, panic, aggression, anger, mania, abnormal sensations, hallucinations, paranoia, or confusion, stop taking CHANTIX and call your doctor right away. Also tell your doctor about any history of depression or other mental health problems before taking CHANTIX, as these symptoms may worsen while taking CHANTIX.

Some people can have serious skin reactions while taking CHANTIX, some of which can become life-threatening. These can include rash, swelling, redness, and peeling of the skin. Some people can have allergic reactions to CHANTIX, some of which can be life-threatening and include: swelling of the face, mouth, and throat that can cause trouble breathing. If you have these symptoms or have a rash with peeling skin or blisters in your mouth, stop taking CHANTIX and get medical attention right away.

The most common side effects are nausea, sleep problems, constipation, gas, and vomiting. If you have side effects that bother you or don't go away, tell your doctor.

Patients also reported trouble sleeping, vivid, unusual, or strange dreams. Use caution driving or operating machinery until you know how CHANTIX may affect you.

You may need a lower dose of CHANTIX if you have kidney problems or get dialysis. Before starting CHANTIX, tell your doctor if you are pregnant, plan to become pregnant, or if you take insulin, asthma medicines, or blood thinners. Medicines like these may work differently when you quit smoking. CHANTIX should not be taken with other quit-smoking medicines. Should you slip up and smoke, keep trying to quit.

\*Terms and conditions apply.

**This coupon is not health insurance. This coupon will be accepted only at participating pharmacies.** No membership fees. Estimated average co-pay savings is \$30 per patient per year.

Please see patient Medication Guide on the next page.  
Pfizer, PO Box 29387, Mission, KS 66201

You are encouraged to report negative side effects of prescription drugs to the FDA.  
Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.



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## MEDICATION GUIDE

### CHANTIX®

(varenicline) Tablets

Read the Medication Guide that comes with CHANTIX before you start taking it and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your condition or treatment.

#### What is the most important information I should know about CHANTIX?

Some people have had changes in behavior, hostility, agitation, depressed mood, and suicidal thoughts or actions while using CHANTIX to help them quit smoking. Some people had these symptoms when they began taking CHANTIX, and others developed them after several weeks of treatment or after stopping CHANTIX.

If you, your family, or caregiver notice agitation, hostility, depression or changes in behavior or thinking that are not typical for you, or you develop any of the following symptoms, stop taking CHANTIX and call your healthcare provider right away:

- thoughts about suicide or dying, or attempts to commit suicide
- new or worse depression, anxiety or panic attacks
- feeling very agitated or restless
- acting aggressive, being angry, or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- abnormal thoughts or sensations
- seeing or hearing things that are not there (hallucinations)
- feeling people are against you (paranoia)
- feeling confused
- other unusual changes in behavior or mood

When you try to quit smoking, with or without CHANTIX, you may have symptoms that may be due to nicotine withdrawal, including urge to smoke, depressed mood, trouble sleeping, irritability, frustration, anger, feeling anxious, difficulty concentrating, restlessness, decreased heart rate, and increased appetite or weight gain. Some people have even experienced suicidal thoughts when trying to quit smoking without medication. Sometimes quitting smoking can lead to worsening of mental health problems that you already have, such as depression.

Before taking CHANTIX, tell your doctor if you have ever had depression or other mental health problems. You should also tell your doctor about any symptoms you had during other times you tried to quit smoking, with or without CHANTIX.

#### See "What are the possible side effects of CHANTIX?"

Some people can have allergic reactions to CHANTIX. Some of these allergic reactions can be life-threatening and include: swelling of the face, mouth, and throat that can cause trouble breathing. If you have these symptoms, stop taking CHANTIX and get medical attention right away.

Some people can have serious skin reactions while taking CHANTIX. These can include rash, swelling, redness, and peeling of the skin. Some of these reactions can become life-threatening. If you have a rash with peeling skin or blisters in your mouth, stop taking CHANTIX and see your doctor right away.

#### What is CHANTIX?

CHANTIX is a prescription medicine to help adults stop smoking. Quitting smoking can lower your chances of having lung disease, heart disease or getting certain types of cancer that are related to smoking. CHANTIX is not recommended for people under 18 years of age. CHANTIX has not been studied with other treatments for stopping smoking.

#### What should I tell my doctor before taking CHANTIX?

Tell your doctor about all of your medical conditions including if you

- have ever had depression or other mental health problems. See "What is the most important information I should know about CHANTIX?"
- have kidney problems or get kidney dialysis. Your doctor may prescribe a lower dose of CHANTIX for you.
- have any allergies. See the end of this Medication Guide for complete list of ingredients in CHANTIX.
- are pregnant or plan to become pregnant. CHANTIX has not been studied in pregnant women. It is not known if CHANTIX may harm your unborn baby. It is best to stop smoking before you become pregnant.
- are breastfeeding. Although it was not studied in humans, CHANTIX may pass into breast milk. You and your doctor should talk about the best way to feed your baby if you take CHANTIX.

Tell your doctor about all your other medicines including prescription and nonprescription medicines, vitamins and herbal supplements. Especially, tell your doctor if you take:

- insulin
- asthma medicines
- blood thinners.

#### When you stop smoking, there may be a change in how these and other medicines work for you.

You should not use CHANTIX while using other medicines to quit smoking. Tell your doctor if you use other treatments to quit smoking. Know the medicines you take. Keep a list of them with you to show your doctor and pharmacist when you get a new medicine.

#### How should I take CHANTIX?

- Take CHANTIX exactly as prescribed by your doctor.
  1. Choose a **quit date** when you will stop smoking.
  2. Start taking CHANTIX 1 week (7 days) before your **quit date**. This lets CHANTIX build up in your body. You can keep smoking during this time. Make sure that you try and stop smoking on your **quit date**. If you slip-up and smoke, start again. Some people need to take CHANTIX for a few weeks for CHANTIX to work best.
  3. Take CHANTIX after eating and with a full glass (8 ounces) of water.
  4. Most people will take CHANTIX for up to 12 weeks. If you have completely quit smoking by 12 weeks, your doctor may prescribe CHANTIX for another 12 weeks to help you stay cigarette-free.



- CHANTIX comes as a white tablet (0.5 mg) and a blue tablet (1 mg). You start with the white tablet and then usually go to the blue tablet. See the chart below for dosing instructions.

<u>Day 1 to Day 3</u>	<ul style="list-style-type: none"> <li>• <u>White</u> tablet (0.5 mg)</li> <li>• Take 1 tablet each day</li> </ul>
<u>Day 4 to Day 7</u>	<ul style="list-style-type: none"> <li>• <u>White</u> tablet (0.5 mg)</li> <li>• Take 1 in the morning and 1 in the evening</li> </ul>
<u>Day 8 to end of treatment</u>	<ul style="list-style-type: none"> <li>• <u>Blue</u> tablet (1 mg)</li> <li>• Take 1 in the morning and 1 in the evening</li> </ul>

- This dosing schedule may not be right for everyone. Talk to your doctor if you are having side effects such as nausea, strange dreams, or sleep problems. Your doctor may want to reduce your dose.
- If you miss a dose of CHANTIX, take it as soon as you remember. If it is close to the time for your next dose, wait. Just take your next dose at your regular dose.

### What should I avoid while taking CHANTIX?

Use caution driving or operating machinery until you know how CHANTIX may affect you. Some people who use CHANTIX may feel sleepy, dizzy, or have trouble concentrating, that can make it hard to drive or perform other activities safely.

### What are the possible side effects of CHANTIX?

- **Some patients have had new or worse mental health problems.** See "What is the most important information I should know about CHANTIX?"
- The most common side effects of CHANTIX include:
  - nausea
  - sleep problems (trouble sleeping or vivid, unusual, or strange dreams)
  - constipation
  - gas
  - vomiting

Tell your doctor about side effects that bother you or that do not go away.

These are not all the side effects of CHANTIX. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

### How should I store CHANTIX?

- Store CHANTIX at room temperature, 59 to 86°F (15 to 30°C).
- Safely dispose of CHANTIX that is out of date or no longer needed.
- **Keep CHANTIX and all medicines out of the reach of children.**

### General information about CHANTIX

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use **CHANTIX** for a condition for which it was not prescribed. Do not give your **CHANTIX** to other people, even if they have the same symptoms that you have. It may harm them.

This Medication Guide summarizes the most important information about CHANTIX. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about CHANTIX that is written for healthcare professionals.

For more about CHANTIX and tips on how to quit smoking, go to [www.CHANTIX.com](http://www.CHANTIX.com) Or call **1-877-CHANTIX (877-242-6849)**.

### What are the ingredients in CHANTIX?

**Active ingredient:** varenicline tartrate

**Inactive ingredients:** microcrystalline cellulose, anhydrous dibasic calcium phosphate, croscarmellose sodium, colloidal silicon dioxide, magnesium stearate, Opadry® White (for 0.5 mg), Opadry® Blue (for 1 mg), and Opadry® Clear (for both 0.5 mg and 1 mg)

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Revised July 2009

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\*See product label for kill/prevent weed list.



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# Garden

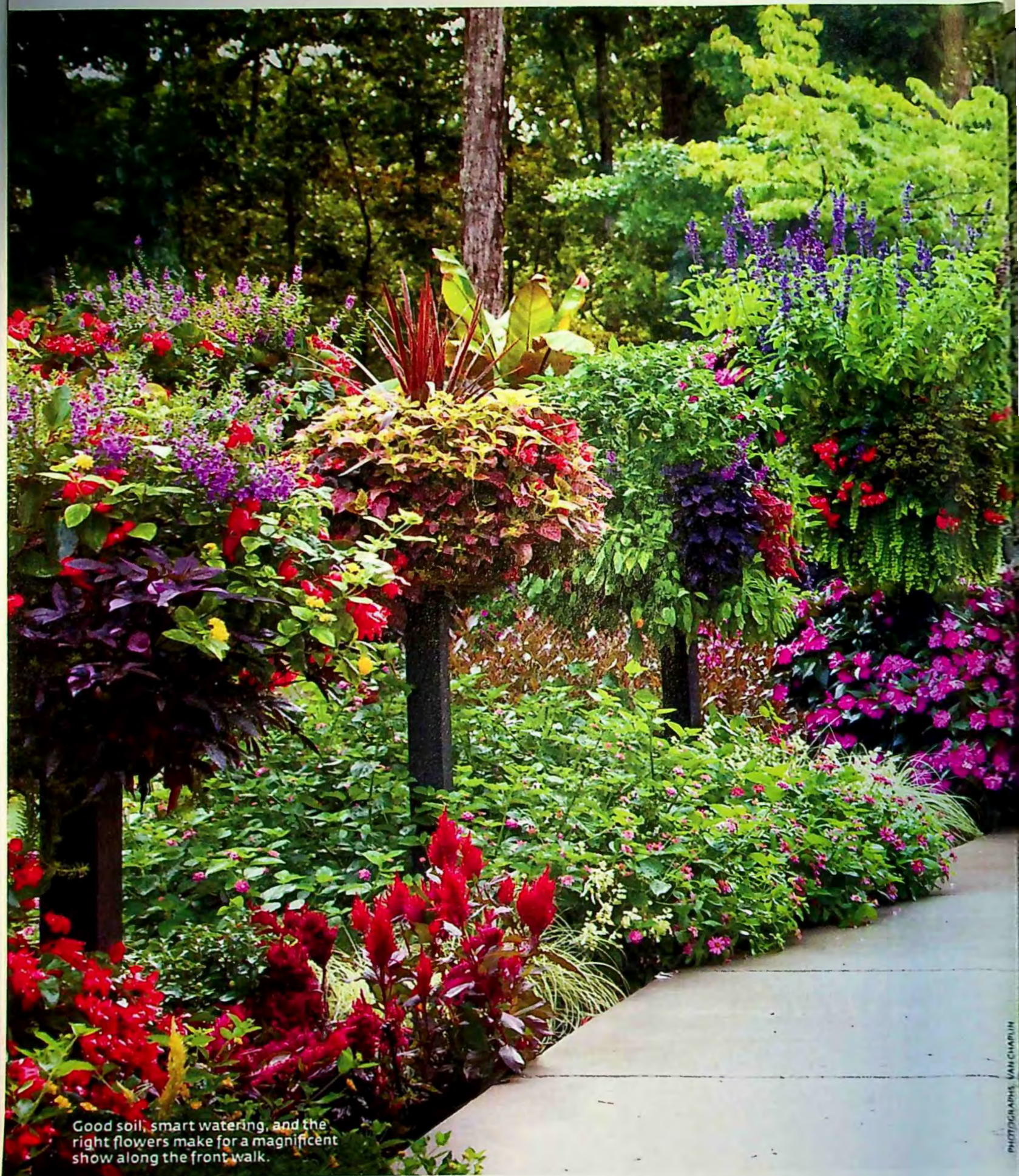
CULTIVATING NATURE'S SOUTHERN BEAUTY

*Buy potted  
foxgloves  
now, or set out  
transplants  
this fall.*

## *Spectacular Spires*

Pink, purple, and white bells of foxgloves ring in the season like no other flower. Up to 4 feet tall, these plants anchor the back of the border.





Good soil, smart watering, and the right flowers make for a magnificent show along the front walk.



# Smart Garden, Super Color

At her home in Georgia, garden expert Pamela Crawford shows how to grow beautiful flowers and save water, money, and time. BY STEVE BENDER

**I**magine you're a master baker the day after the world bans flour. Now you know how nationally known gardener and author Pamela Crawford felt when a record drought in 2008 led to a no-exceptions ban on outside watering in her county near Atlanta. "My first thought was to move," she recalls.

But this resident of Canton, Georgia, is no quitter—and besides, the housing market stunk. So she stayed put and made do. The results are amazing. A mini galaxy of flowers sparkles in beds and baskets along the entire front of her house, providing stunning color from spring through fall. How did she accomplish this without sacrificing sleep, skin, and sanity? She followed four simple rules.

- **Choose the right plants.** Every year, Pamela evaluates hundreds of different plants sent by growers to determine their adaptability to Southern growing conditions. For frank assessments of many garden center plants, check out her book *Easy Gardens for the South*, which she cowrote with Harvey Cotten and Barbara Pleasant (available from [amazon.com](http://amazon.com)). Her top picks for surefire, long-lasting color: 'Dragon Wing' begonia, Serena angelonia, 'New Gold' lantana, sun coleus, and melampodium. For more of her picks grouped by water needs, turn to page 72.



Pamela  
Crawford



## • Provide good, well-drained soil.

Before planting flowerbeds, Pamela tills in 3 inches of compost to loosen the existing clay soil. (Organic matter like compost is great for improving sandy soil too.)

For hanging baskets and containers, she uses only brand-name soilless potting mix (such as Miracle-Gro Moisture Control Potting Mix), not potting soil or garden soil. "Using soil in containers is a death sentence for plants because it's too heavy," she states.

## • Use a slow-release fertilizer.

The resin-coated granules she sprinkles into her beds and containers feed plants for months. Pamela swears by Dynamite Flowers & Vegetables 13-13-13. It's available at most garden centers.

• Give plants water when and where they need it. Pamela uses a drip-irrigation system from Rain Bird ([rainbird.com](http://rainbird.com)) to put water right at the bases of plants. The system consists of plastic tubes running through the garden. Thin "spaghetti tubes," fitted with emitters that slowly drip water, branch off from the larger tubes to water individual plants and baskets. One emitter may release a gallon of water an hour—much less than a pop-up sprinkler that loses water to evaporation.

Because she couldn't use city water, Pamela installed a 2,500 gallon above-ground tank in her backyard to store rain that falls on her roof. It also collects AC condensation and the gray water from showers. A 3-inch rain alone can quickly fill the tank, the sole source of water for her 2,000-square-foot garden. A pump with a timer sends water to the drip system at specified intervals.

Brae ([braewater.com](http://braewater.com)) is an excellent source for big tanks like this. People who might not want to install such a big system can try a 60- or 75-gallon rain barrel that collects water from downspouts to water pots, baskets, and small beds. A good source for these is The Spruce Creek Company ([rainbarrel.net](http://rainbarrel.net)). (TURN THE PAGE)

## Elevate Your Plants

Eye-popping planters perched atop tall posts that she calls "border columns" are Pamela's trademark. These columns give the garden an extra dimension, putting color at eye level. Plants love the good drainage, aeration, and uniform light, and you can groom plants standing up. Border column kits and baskets (shown at right) are available from Kinsman Company ([kinsmangarden.com](http://kinsmangarden.com)).



### 4 Steps to a Beautiful Basket



**1** Insert annuals through holes in the sides of a coco-fiber basket liner, and add potting mix.



**2** Place a tall plant, such as this cordyline, in the basket's center for some added height.



**3** Ring the center plant with colorful mounding plants, such as this Kong coleus.



**4** Fill basket to within a half-inch of the rim with potting mix. Add slow-release fertilizer; then water.



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\*Found in the allergy aisle. © 2010 Schering-Plough HealthCare Products, Inc.



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# Are Your Plants Thirsty?

Pamela has ranked nine popular plants in her garden according to their water needs. Remember, plants in pots require more water.



## Teetotalers



These stalwarts hardly ever take a drink, needing watering once a week if it doesn't rain.



**'Dragon Wing' begonia**

Needs light shade; grows 12 to 18 inches tall.



**'New Gold' lantana**

Likes full sun; trailing; 2 feet tall; long blooming.



**Serena angelonia**

Loves the heat; full sun; 12 to 18 inches tall.

## Moderate Drinkers



Water these happy-go-lucky flowers about three times a week if it doesn't rain.



**Petunia**

Full sun; Supertunia and Wave kinds bloom nonstop.



**Melampodium**

Yellow, starlike blooms; loves sun; 1 to 2 feet tall.



**Fanflower (scaevola)**

Full sun; trailing; does best in containers.

## Problem Drinkers



These lushes need water about six times a week in summer if it doesn't rain.



**Sun coleus**

Sun or light shade; fast growing; 1 to 3 feet tall.



**SunPatiens**

New impatiens for sun. Huge blooms; 2 to 3 feet tall.



**Caladium**

New types like 'Gingerland' take some sun; 1 to 3 feet tall.





# ***Dawn to Dark***

When your dentures hold from dawn to dark, you can keep it going all day long.

Thanks to a special time-release formula, Fixodent® Dawn to Dark gives you our strongest hold that lasts all day. Satisfaction guaranteed, or your money back.





## Gardening 101 Sunflowers

Think of this happy flower as sunshine on a stem—it's guaranteed to brighten your day.

BY GENE B. BUSSELL

**T**here's a reason Vincent van Gogh painted sunflowers—they are simply joyful. Surround yourself with these happy blooms and you'll smile every time you see them.

Sunflowers make great, long-lasting bouquets for your table, but don't cut them all. Leave enough flowers in your garden to enjoy the big show all summer. As you might have guessed, they love sunshine and need at least six hours of it a day. They're also tolerant of imperfect soil conditions. Once the flowers mature, beautiful birds will come in flocks in early morning and late afternoon. Goldfinches like to perch on the tops of large sunflowers and eat the seeds one by one—sort of like a bird buffet.

Jones Valley Urban Farm ([jvuf.org](http://jvuf.org)) in Birmingham grows thousands of sunflowers each year for the local Whole Foods Market. "Sunflowers are what I think of when I want guaranteed success and instant beauty," says Jones Valley Executive Director Edwin Marty. "They're very forgiving, especially for the novice gardener."

You'll find sunflower selections in many colors and sizes. Blooms aren't all yellow but can be red, chocolate, peach, lemon, or burgundy. You can even buy multicolored selections. For wow factor—and big bang for your buck—try giant sunflowers such as the newer 'Sunzilla' (up to 16 feet tall) or the classic big boy 'Mammoth Russian' (10 to 12



"Mammoth Russian" sunflowers grow big and have very large flowers.

feet tall), a favorite among goldfinches and other birds. If you don't have much space, try dwarf types such as 'Big Smile,' 'Junior,' and 'Firecracker' (all around 2 feet tall). These take up so little room that you can even grow them in pots.

Large or small, indoors or out, sunflowers just say summertime. So go ahead and sow a little summer in your garden today.

### Edwin's Clip Tips

Use sharp clippers or snips to cut stems early in the morning, before it's too hot. Be sure to cut flowers that are almost fully open. They'll last longer in a vase. Clip (don't pull) to remove any leaves that would be in water once you make your arrangement. Pollenless types such as the Pro Cut selections have a longer vase life (and don't shed).



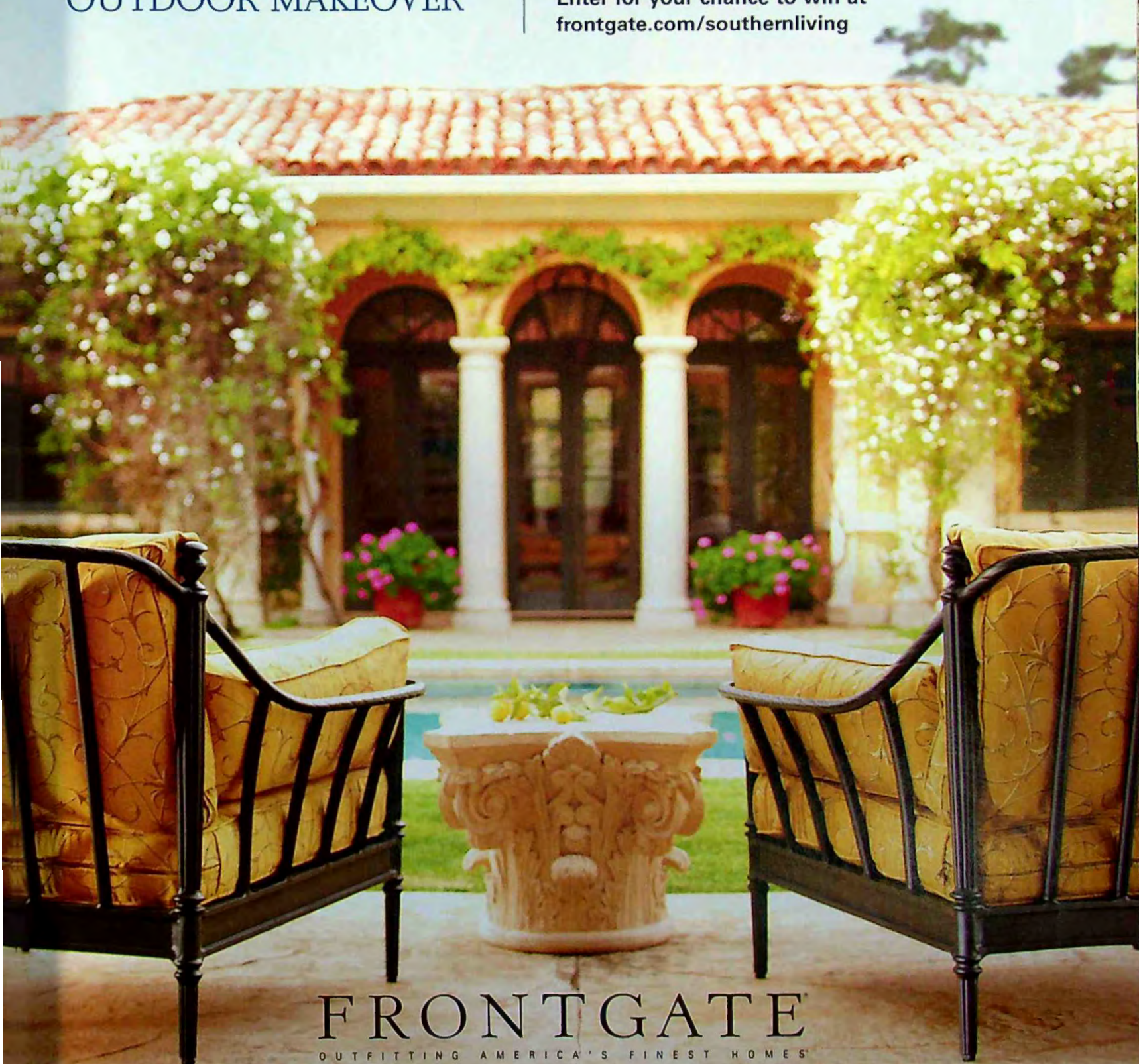
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## Three Ways To Grow Sunflowers



### METHOD 1 Sow directly into the garden.

When the soil has warmed, plant seeds in batches a few weeks apart, so you'll have new blooms as others fade. (Seed packets

have instructions on spacing seeds and thinning seedlings.) Thin seedlings once they begin popping up. Use netting to protect newly sown areas from birds.



### METHOD 2 Start in Jiffy Pellets.

Set compressed pellets in a tray of shallow water to expand them. Then add a seed to each pellet. Once seeds germinate,

plant them in your garden, pellet and all. Pellets offer protection as the seeds germinate, allow for proper spacing, and make it easier to stagger your plantings.



### METHOD 3 Begin in peat pots.

Fill the pots with lightweight potting soil designed for growing seedlings. Use a watering can to wet both the pots and

the soil. Add a sunflower seed to each. Keep the pots and soil moist. Once the seeds germinate, plant the entire pots in your garden. \*

#### SUNFLOWER SOURCES

Johnny's Selected Seeds: [johnnyseeds.com](http://johnnyseeds.com)  
 Renee's Garden: [reneesgarden.com](http://reneesgarden.com)  
 Wildseed Farms: [wildseedfarms.com](http://wildseedfarms.com)  
 Botanical Interests: [botanicalinterests.com](http://botanicalinterests.com)

## Our Favorites

There are lots of sunflowers to choose from. Here are some you must try.



**'PRO CUT RED/LEMON BICOLOR'**  
 Burgundy center with light yellow petal tips. Single-stalked plant; 5 to 6 feet tall. Pollenless, long-lasting cut flowers.



**'PRO CUT ORANGE'**  
 Brown center and yellow-orange petals. Single-stalked plant; 5 to 6 feet tall. Pollenless, long-lasting cut flowers.



**'THE JOKER'**  
 Mahogany and light yellow petals. Branching plant with multiple blooms; 5 to 6 feet tall.



**'MOULIN ROUGE'**  
 Editors' favorite. Gorgeous, chocolate-colored flowers. Branching plant with multiple blooms; 4 to 5 feet tall.



**'RING OF FIRE'**  
 Brown center and bright red-and-golden yellow petals. Branching plant with multiple blooms; 4 to 5 feet tall.



**'MAYA'**  
 Golden yellow flowers. Branching plant with multiple blooms; 4 to 6 feet tall. Goldfinches love the seeds.





## You deserve fewer bladder urges and leaks. So you can be hunting for bargains, instead of always hunting for bathrooms.

If your internal plumbing doesn't work as well as it should, VESicare can help. After all, you don't always have to let an overactive bladder get in the way of what you like to do. Once-daily VESicare has been proven to significantly reduce frequent, sudden urges and leaks. That's because it helps control your bladder muscle, day and night. Ask your doctor today about taking care with VESicare.

### Important Safety Information

VESicare is for urgency, frequency, and leakage (overactive bladder). VESicare is not for everyone. If you have certain stomach or glaucoma problems, or trouble emptying your bladder, do not take VESicare. Tell your doctor right away if you have a serious allergic reaction, severe abdominal pain, or become constipated for three or more days. VESicare may cause blurred vision, so use caution while driving or doing unsafe tasks until you know how VESicare affects you. Common side effects are dry mouth, constipation, and indigestion.

#### FREE TRIAL OFFER

Call (800) 403-6565 or visit [vesicare.com](http://vesicare.com) and you'll receive:

- Useful information about overactive bladder
- Free trial offer\*

\*Subject to eligibility. Restrictions may apply.

Take care with  
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(solifenacin succinate)  
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Patient Information  
VESicare® - (VES-icare)  
(solifenacin succinate)

Read the Patient Information that comes with VESicare before you start taking it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your doctor or other healthcare professional about your condition or treatment. Only your doctor or healthcare professional can determine if treatment with VESicare is right for you.

**What is VESicare?**

VESicare is a prescription medicine used in adults to treat the following symptoms due to a condition called overactive bladder:

- Having to go to the bathroom too often, also called "urinary frequency,"
- Having a strong need to go to the bathroom right away, also called "urgency,"
- Leaking or wetting accidents, also called "urinary incontinence."

VESicare has not been studied in children.

**What is overactive bladder?**

Overactive bladder occurs when you cannot control your bladder contractions. When these muscle contractions happen too often or cannot be controlled, you can get symptoms of overactive bladder, which are urinary frequency, urinary urgency, and urinary incontinence (leakage).

**Who should NOT take VESicare?**

Do not take VESicare if you:

- are not able to empty your bladder (also called "urinary retention"),
- have delayed or slow emptying of your stomach (also called "gastric retention"),
- have an eye problem called "uncontrolled narrow-angle glaucoma,"
- are allergic to VESicare or any of its ingredients. See the end of this leaflet for a complete list of ingredients.

**What should I tell my doctor before starting VESicare?**

Before starting VESicare tell your doctor or healthcare professional about all of your medical conditions including if you:

- have any stomach or intestinal problems or problems with constipation,
- have trouble emptying your bladder or you have a weak urine stream,
- have an eye problem called narrow-angle glaucoma,
- have liver problems,
- have kidney problems,
- are pregnant or trying to become pregnant (It is not known if VESicare can harm your unborn baby),
- are breastfeeding (It is not known if VESicare passes into breast milk and if it can harm your baby. You should decide whether to breastfeed or take VESicare, but not both).

Before starting on VESicare, tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. While taking VESicare, tell your doctor or healthcare professional about all changes in the medicines you are taking including prescription and nonprescription medicines, vitamins and herbal supplements. VESicare and other medicines may affect each other.

**How should I take VESicare?**

Take VESicare exactly as prescribed. Your doctor will prescribe the dose that is right for you. Your doctor may prescribe the lowest dose if you have certain medical conditions such as liver or kidney problems.

- You should take one VESicare tablet once a day.
- You should take VESicare with liquid and swallow the tablet whole.
- You can take VESicare with or without food.
- If you miss a dose of VESicare, begin taking VESicare again the next day. Do not take 2 doses of VESicare in the same day.
- If you take too much VESicare or overdose, call your local Poison Control Center or emergency room right away.

**What are the possible side effects with VESicare?**

The most common side effects with VESicare are:

- blurred vision. Use caution while driving or doing dangerous activities until you know how VESicare affects you.
- dry mouth.
- constipation. Call your doctor if you get severe stomach area (abdominal) pain or become constipated for 3 or more days.
- heat prostration. Heat prostration (due to decreased sweating) can occur when drugs such as VESicare are used in a hot environment.

Tell your doctor if you have any side effects that bother you or that do not go away.

These are not all the side effects with VESicare. For more information, ask your doctor, healthcare professional or pharmacist.

**How should I store VESicare?**

- Keep VESicare and all other medications out of the reach of children.
- Store VESicare at room temperature, 59° to 86°F (15° to 30°C). Keep the bottle closed.
- Safely dispose of VESicare that is out of date or that you no longer need.

**General Information about VESicare**

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use VESicare for a condition for which it was not prescribed. Do not give VESicare to other people, even if they have the same symptoms you have. It may harm them.

This leaflet summarizes the most important information about VESicare. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about VESicare that is written for health professionals. You can also call (800) 727-7003 toll free, or visit [www.VESICARE.com](http://www.VESICARE.com).

**What are the ingredients in VESicare?**

**Active Ingredient:** solifenacin succinate

**Inactive Ingredients:** lactose monohydrate, corn starch, hypromellose 2910, magnesium stearate, talc, polyethylene glycol 8000 and titanium dioxide with yellow ferric oxide (5 mg VESicare tablet) or red ferric oxide (10 mg VESicare tablet)

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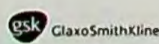
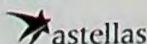
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## Garden

# Spring's Most Elegant Shrub

If you are a garden frugalista, beautiful viburnum is for you.

BY REBECCA BULL  
REED

Chinese snowball is the plant for a savvy spring gardener. Statuesque in scale, one shrub is all you need to make a statement. Laden with hydrangea-like blooms, a single specimen can add oomph to the border or be trained into a small accent tree. This semievergreen blends beautifully into any yard.

The flowers are the draw here. From April into May (and even early June in cooler climates), you'll be rewarded with spectacular, softball-size blooms. These flowers start out lime green and then open to pristine white. Because the blooms are sterile, this viburnum does not produce fruit. And while many viburnums are fragrant, Chinese snowball isn't—a bonus for those with sensitive noses. Once flowering is done, this dense, round shrub blends into the back-



Like hydrangeas? Then you'll love Chinese snowball viburnum.

PHOTOGRAPHY: VAN CHARLIN



ground, allowing other plants to steal the show. Give it ample room. One or two in a suburban-size yard are plenty.

Now if you're a true frugalista, everything you own or do serves a dual purpose. Not only does Chinese snowball viburnum make a stunning garden plant, but it's also worth its weight in gold as a cut flower. With a pair of sharp clippers, snip branches to desired lengths, and place directly in a bucket of water. We love Felco Pruner Model 2 (available from [felcostore.com](http://felcostore.com)) and Okatsune pruning shears (available from [gardencityorganics.com](http://gardencityorganics.com)). To ensure water uptake, recut them at an angle prior to arranging. For a dramatic arrangement, group several long branches in a sturdy glass vase (see page 11). \*



**SOUTHERN GARDENING GUIDE:**  
SIMPLE HOW-TOS AND FRESH IDEAS  
TO USE IN YOUR GARDEN: [southernliving.com/gardening-guide](http://southernliving.com/gardening-guide)



## Chinese Snowball AT A GLANCE

**BOTANICAL NAME:** *Viburnum macrocephalum* 'Sterile'

**TYPE:** Large-scale shrub that is deciduous in the coldest areas, nearly evergreen elsewhere. Plant it at the back of the border to fill a large space, or use it as a small tree.

**SIZE:** Rounded habit, growing 12 to 20 feet tall and wide; blooms span 6 to 8 inches across.

**LIGHT:** Full sun to part shade. Give protection from afternoon sun in the Lower and Coastal South.

**SOIL:** Well-drained, slightly acid soil is best, but the shrub also tolerates alkaline conditions.



**PRUNE:** Soon after flowering to remove dead wood and shape.

**RANGE:** Upper South through the Coastal South. (See our *Southern Living* Plant Zones map on page 80.) Plant in a protected area in the coldest regions.

**FERTILIZE:** At planting and then again each year after flowering.



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# Around Your Garden April

## Grow Now: Dogwood Trees

The beautiful spring blossoms of flowering dogwoods (*Cornus florida*) are Southern favorites. In addition to blooms, these native trees offer crimson fall foliage and bright red berries in winter. They prefer moist, acid, well-drained soil that has lots of organic matter such as peat. Try disease-resistant selections such as 'Appalachian Spring,' 'Junior Miss,' and 'Cherokee Sunset.' Dogwoods bloom well in light shade but can take more sun with additional mulch and moisture. They make perfect understory trees to fill gaps between taller trees and lower-growing shrubs. Other easy-to-grow spring-blooming trees include cherries, flowering crabapples, Eastern redbuds, Carolina silver bells, and fringe trees. **BY GENE B. BUSSELL**

### WATERING CANS

Hand-watering is an efficient way to make sure your newly planted vegetables and annuals get just the right amount of water. Watering cans offer an easy way to apply liquid fertilizer and a perfect way to water containers. To make this a little easier, try these colorful Dramm versions. They are lightweight and durable and will help you brighten your garden. Look for them at local nurseries, or order online from [yardiac.com](http://yardiac.com).



### IMPATIENS

These flowers will brighten shady areas until fall. Mounding masses are covered with red, rose, white, salmon, orange, and pink single or double flowers. They work great in containers or as accents in shade. Impatiens like evenly moist soil and are relatively pest free.



### JAPANESE MAPLES

It's hard to resist the elegant foliage of these graceful trees. Buy now for the best selection. Use them as specimens in your yard or in large pots on your patio. They prefer filtered light and moist, well-drained soil. Two good choices with a weeping form are 'Crimson Queen' and 'Inaba-shidare.'



### Lawns

In the Middle, Lower, and Coastal South, plant plugs or squares or lay sod of warm-season grasses such as Bermuda, Zoysia, St. Augustine, and centipede. Water new lawns several times a week for the first month.



*Southern Living*  
Plant Zones

- Upper South (USDA ZONE 6)
- Middle South (USDA ZONE 7)
- Lower South (USDA ZONE 8)
- Coastal South (USDA ZONE 9)
- Tropical South (USDA ZONE 10)



USE OUR TIPS FOR PLANTING AND ARRANGING CONTAINER GARDENS FOR IMPACT: [southernliving.com/gardens](http://southernliving.com/gardens)





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[zicam.com](http://zicam.com)





Southern Living  
FEATURES

# Driving THROUGH THE HEART OF Texas

U.S. 83 travels from the Mexico border to the Panhandle, through a landscape of vast ranches, epic thunderstorms, and ghost towns. Join our writer on a weeklong road trip through the most authentic spots in the Lone Star State.



*by* LES THOMAS *photographs by* ANDREW GEIGER







LEFT: In ranch country, the view stretches to the horizon, without a house in sight.

RIGHT: The legendary Four Sixes brand marks a cowboy's spurs.





# UnLike

the superhighways that swirl around the big cities where the vast majority of the nearly 25 million Texans live, U.S. 83 veers off through wide-open spaces and small towns. It isn't an interstate or a major thoroughfare. It is a road you'd hardly notice unless you happened to pick up a map and see the way it moseys across the entire length of the state for

783 miles, lacing together towns with exotic-sounding names like Crystal City, Concan, and Canadian. ¶ I'm traveling the length of the road because I want to meet the people who live along it. I want to understand my native state in a new way, to learn what it's like to travel a single road here and still go farther than a drive from Atlanta to Washington, D.C. That's what I want to discover in the next five days. Come along with me for the ride of a lifetime.

APRIL 15

## BROWNSVILLE

It's a balmy 91 degrees this afternoon in the Rio Grande Valley, but a voice on the car radio says that a blizzard is howling across the Panhandle at the other end of U.S. 83. So it's summer at one end of Texas and winter at the other end. I'm glad I brought a coat.

Palm trees stir in the breeze. Signs printed in Spanish advertise Mexican sodas, *barbacoa de cabeza*, Income Tax *Rapido*, and Chihuahuas *Aqui* on a layaway plan. The Hispanic heritage runs deep here. The highway follows the Rio Grande and the Mexican border for 204 miles through fertile delta from Brownsville to Laredo. Citrus groves and lush fields of produce spread up from the river, and a breeze through the open car window carries the scent of fresh-pulled onions.

I want to see some of the birds the valley is famous for, so I decide to stop in Harlingen and call on an expert, Father Tom Pincelli, also known as "Father Bird." He is the pastor of the 5,000-family St. Anthony Parish in this town and past chairman of the board of the American Birding Association. His three decades of conservation efforts have helped far South Texas become known as one of the most diverse birding areas in the United States, with more than 520 species counted.

Father Tom directs me to one of the better birdwatching places, the Valley Nature Center in Weslaco, a 30-minute drive from Brownsville. I park and walk a mile-long trail through a dense thorn-scrub forest. It's filled with more exotic birds than I've ever seen in one place. Bright indigo buntings flash past, and a pair of noisy, chicken-size chachalacas cross the trail in front of me.

Back on the road, I ease through McAllen and Mission, where a mural painted across a downtown building honors Mission Eagles football star and hometown hero Tom Landry. At Los Ebanos, I pull off the highway for a look at the landing where the last hand-pulled ferry in the U.S. crosses the Rio Grande (\$2.50 for a car, 50 cents for pedestrians). But it's closed today, as it can be in April, when extra water is released upstream from Falcon Lake to irrigate the valley's vast fields of produce. This is farm country, after all, and the crops take precedence over everything.

APRIL 16

## LAREDO

Dull gray clouds line the horizon and fat raindrops spatter on the windshield at mid-morning when I drive past the import



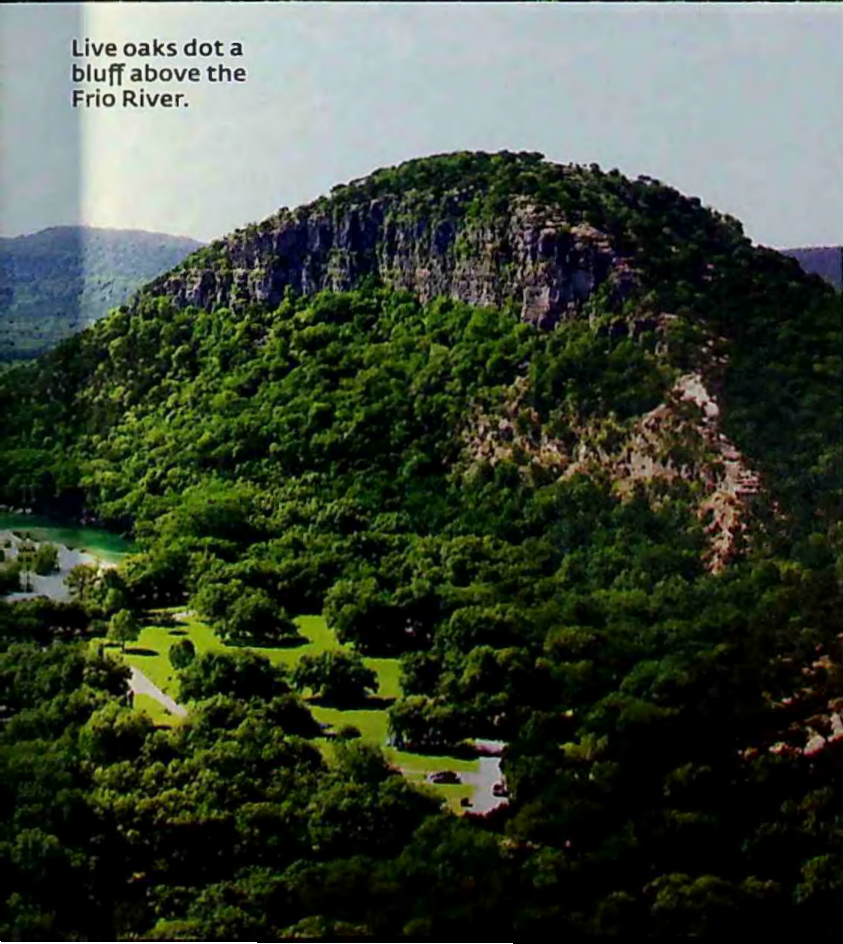
shops that line San Bernardo Avenue off the U.S. 83 business route. Most of the shops are simply fenced lots filled with pottery, cow horns, and statuary; much of it is kitschy. But when I stop at Vega's—one of the largest stores—Eva Vega opens the doors to her shop, a treasure house for elegant Mexican folk art and furnishings. I spend an hour marveling at folk art figures from Oaxaca, beautiful green glazed pottery from the state of Michoacan, painted tiles from Jalisco, and other gems that show off the amazing range of the Mexican people's artistic ability.

The highway turns northwest, away from the river at Laredo. Thick green mesquites spread over the countryside. The road is so straight I can see 15 miles to the horizon. There hasn't been a house or





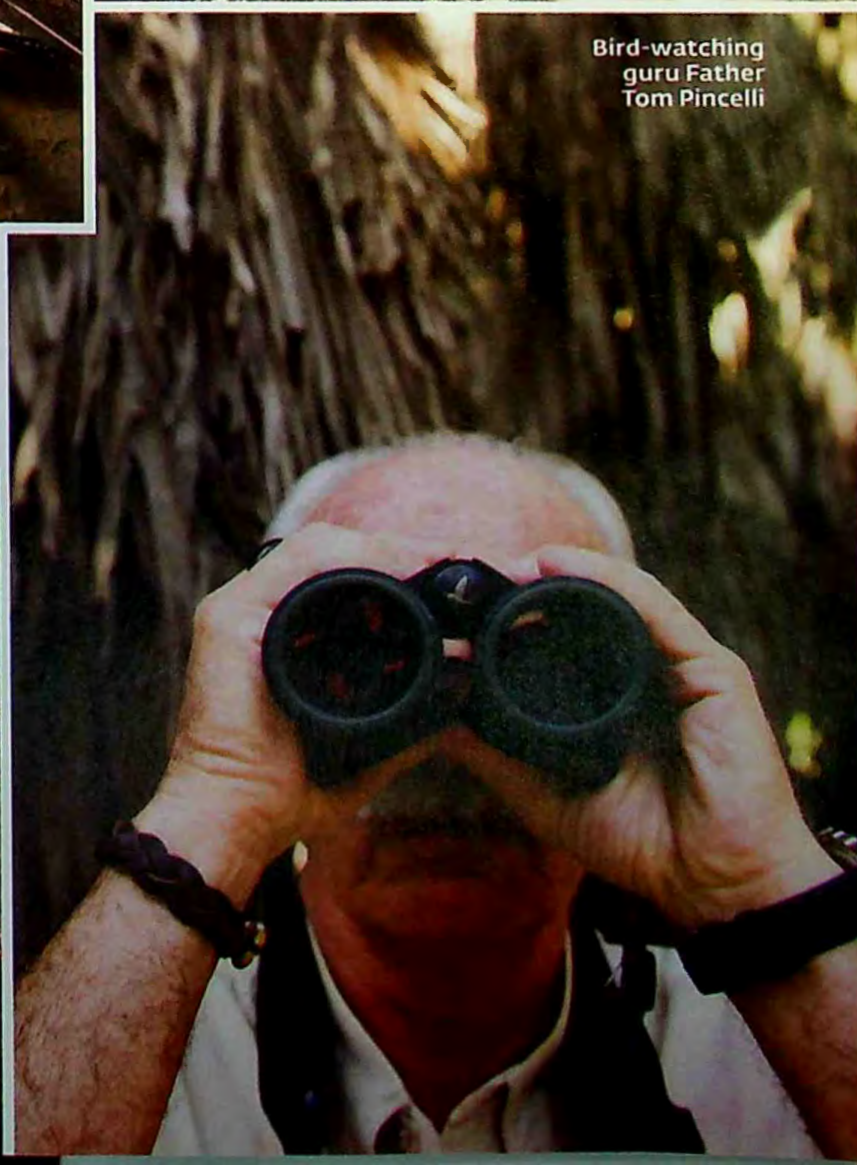
A church bell rings  
near Laredo.



Live oaks dot a  
bluff above the  
Frio River.



Mexican folk  
art fills Vega's.



Bird-watching  
guru Father  
Tom Pincelli



“People who live out here have a different way of looking at things.  
**THE vastness makes you FEEL Free.**”



Much of the work at the  
Four Sixes Ranch is still  
done on horseback.



a building in sight for more than 20 minutes. I cross the Nueces River into rain and watch a buzzard picking at a deer carcass so thin and flattened it bounces up and down like a piece of cardboard. There are big pickups out here with deer guards as wide as train tracks and ranch gates stout as fortresses.

Sunny yellow cactus blooms dot the ranch country around Uvalde, where one-time U.S. Vice President John Nance Garner once led a failed campaign to make the prickly pear cactus the state flower of Texas—and was known forever after as “Cactus Jack” Garner. I stop at the First State Bank of Uvalde, owned by rancher and former Texas Governor Dolph Briscoe, to see its famed collection of Western art and European antiques. Some locals like to joke that the imported German prayer bench here comes in handy for loan applicants.

Farther north, I drive through hills dotted with live oaks where the rugged landscape of the Edwards Plateau juts up abruptly from the prairie and U.S. 83 crosses into the most dramatic scenery of the entire route. I turn off the highway for a look at Garner State Park (named for Cactus Jack), where the Frio River twists past towering limestone bluffs. The park is quiet on this Thursday afternoon—it’s too cool to splash in the river now—but in a couple of weeks it will be filled with families who come to tube the river and two-step under the stars at jukebox dances.

On the road out of Frio Canyon north of the state park, I’m in another landscape of beguiling solitude: I haven’t seen another car in 15 minutes. Finally, two trucks pass me, heading south. High from a roadside overlook, I can see the South Llano River bridge and the town of Junction.

## APRIL 17 JUNCTION

In my motel room, I doze off just in time to be awakened after midnight by a spring storm outside. Rain. Hail. Lightning. A radio report says an icy sheet of hail has closed roads in the Panhandle. After breakfast, I press on under a clean sky as blue as a bottle of Windex.

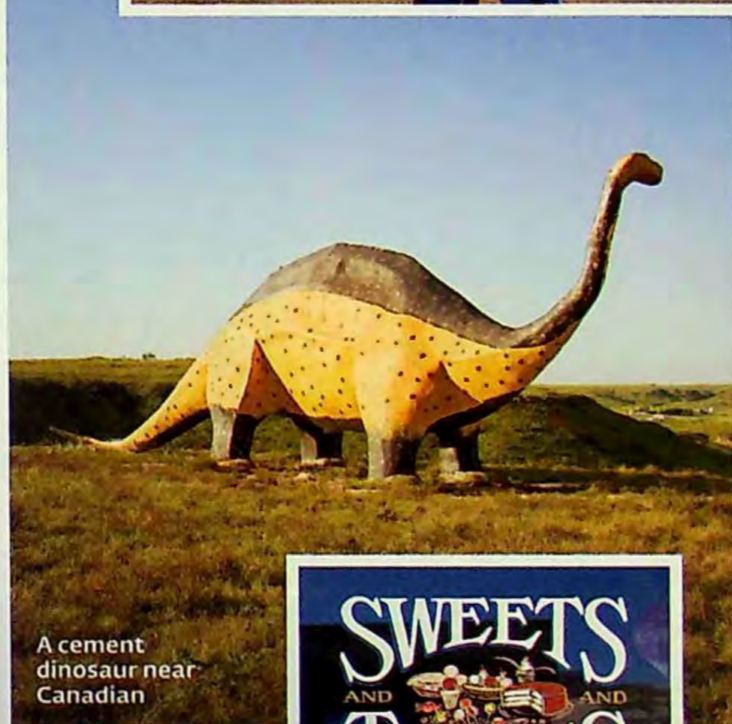
I cross the San Saba River at Menard, the Concho River at Paint Rock, and the Colorado River at Ballinger. As the highway traverses these rivers, it links towns and high dramas of life and death long forgotten. Menard has the ruins of the Presidio de San Saba, a Spanish fortress and mission where in 1758, 2,000 Comanche and their allies routed a European foothold.

I turn off the road onto Paint Rock Ranch in Paint Rock, Texas, and Kay Campbell shows me a landmark left by travelers who passed this way long before there was a highway. Hundreds of pictographs painted by American Indians cover a rock outcrop half a mile long. “That’s the reason my grandfather was inspired to own this ranch in 1878 to preserve these paintings,” Kay says. “From my birth, he taught me to respect and preserve them too.”

On their ranch, Kay and her husband, Fred, use llamas to help care for their flocks of Rambouillet sheep and Angora goats. “The llamas take care of the lambs. Their size scares the coyotes,” she explains. “It’s like having a scarecrow.” Llamas have another strange quirk that comes in handy out here in this rough country: They eat prickly pears.

Like the panoramic landscape that surrounds the highway, many of the people seem larger than life. Near Tuscola, the hometown of former University of Texas quarterback Colt McCoy, I turn off to Buffalo Gap to have dinner at the Perini Ranch Steakhouse and meet Tom Perini. The former champion chuck wagon cook now runs one of the best steak houses in the state. He’s cooked ranch burgers on the *Today* show and catered picnics at the

Photographer  
Wyman  
Meinzer



A cement  
dinosaur near  
Canadian

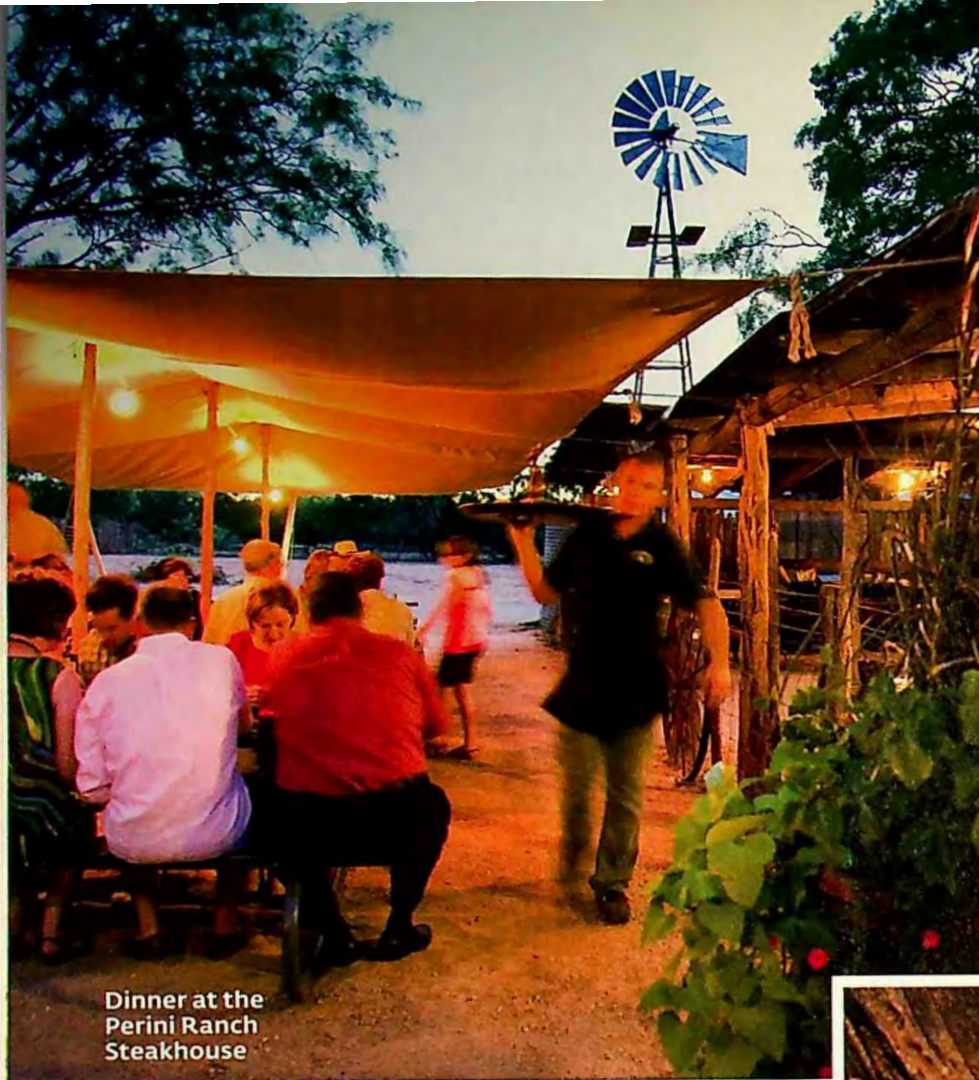


A soda fountain in Canadian



Downtown  
Childress

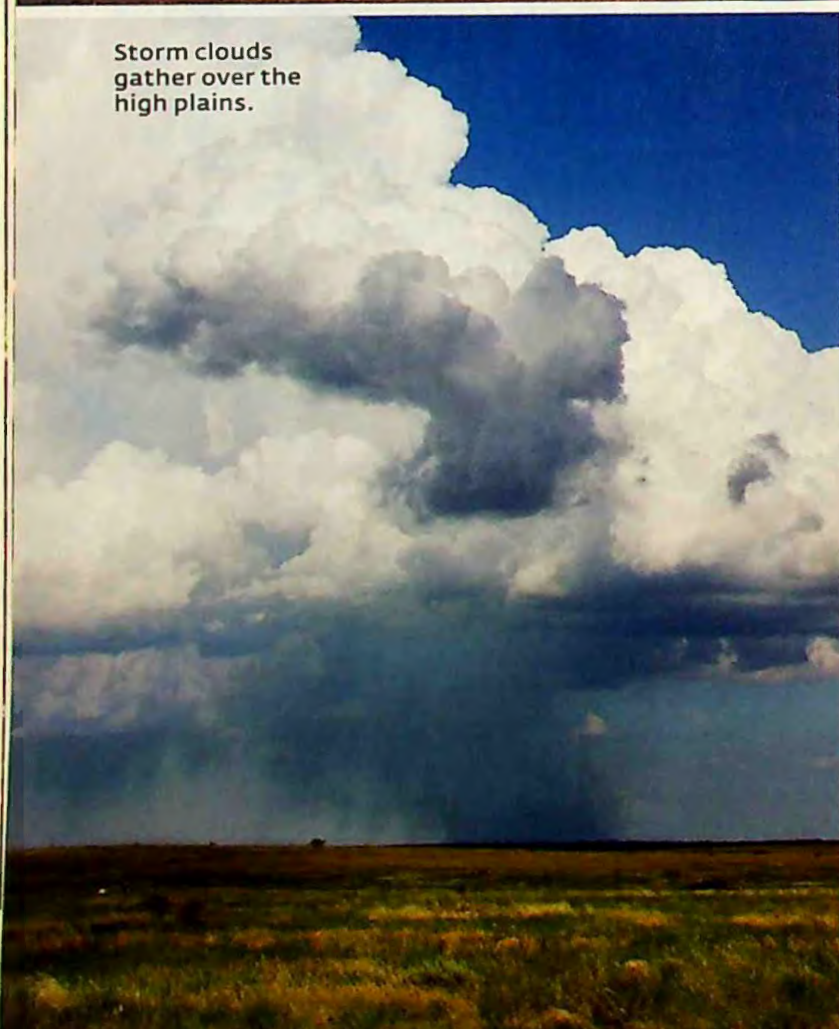




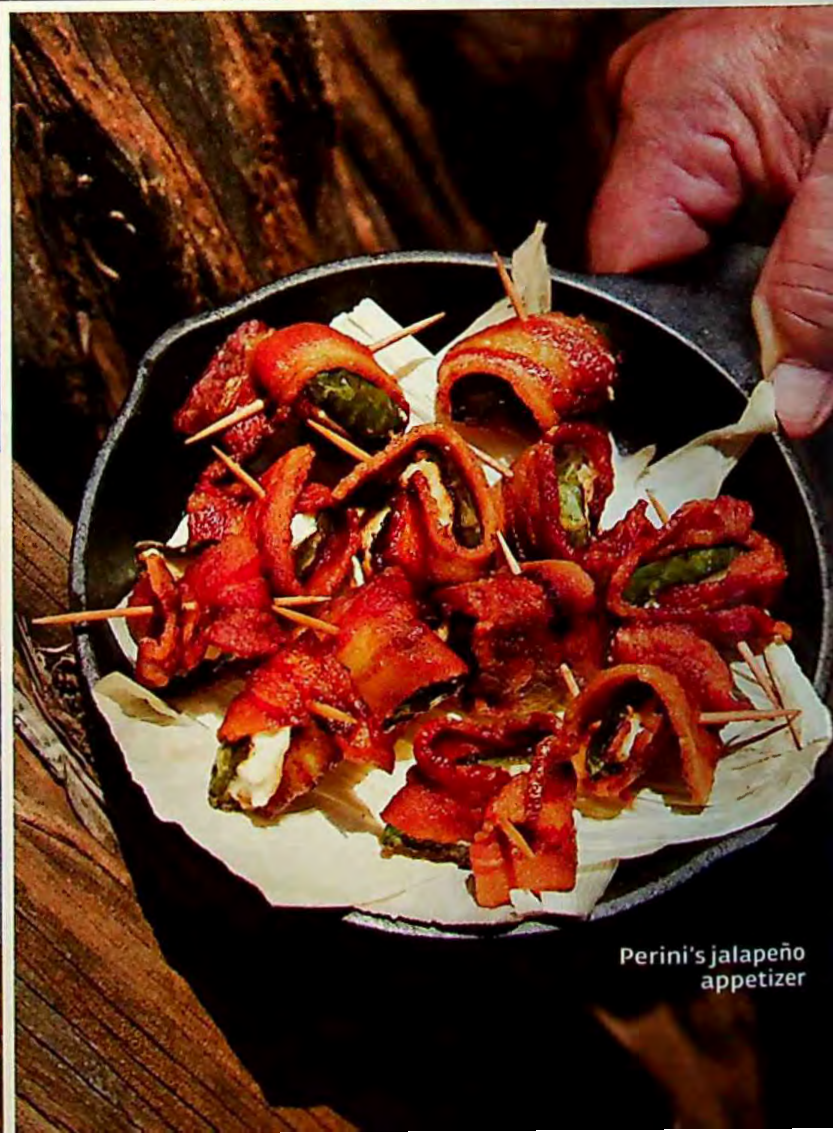
Dinner at the  
Perini Ranch  
Steakhouse



Rock ruins mark  
the 1757 Presidio  
de San Saba.



Storm clouds  
gather over the  
high plains.



Perini's jalapeño  
appetizer



White House. Actor Robert Duvall wrote the foreword to his cookbook, *Texas Cowboy Cooking*. "It used to be the mark of a good steak house that it had a lot of rooms added on to accommodate more customers," Tom says. The restaurant sprawls over a large building and outdoor tables. "I looked around the other day and realized that's what we've done here."

## APRIL 18 ★ Abilene

It's 56 degrees at 8:48 a.m. and 316 miles from here to the Oklahoma line near Perryton. I take some time to learn what the Old West was like at Frontier Texas! It's an innovative museum that uses state-of-the-art technology to re-create a whole range of experiences from buffalo stampedes to prairie thunderstorms. I listen to harrowing stories told in the words of everyday people who settled here when it was wild and dangerous country. I even sample an evening filled with fireflies. It's an astounding place.

North of Abilene, the land flattens and the plowed dirt is the color of a terra-cotta pot. A sign on a church marquee offers a "Free ticket to heaven." North of the Double Mountain Fork of the Brazos River, rolling hills dotted with cedar remind me of the Central Texas Hill Country. The north wind makes it feel colder than the 64 degrees the temperature climbs to this afternoon. It's coat weather.

## APRIL 19 ★ Guthrie

In Guthrie, I meet with Dr. Glenn Blodgett, who manages the horse division at the fabled Four Sixes Ranch. The ranch covers more than a quarter million acres—and much of the work is still done on horseback. "It's rugged country and a good environment for a horse to grow up in," Dr. Blodgett says. "They learn to be sure-footed and agile."

I leave the ranch headquarters, and then take a side trip to Benjamin to see Wyman Meinzer. He knows this country as well as anyone, having photographed it for a book on the Four Sixes and others on critters from horned frogs to coyotes.

"Wyman is a piece of nature himself," someone once told me. He lives with his wife, two sons, and two pet wolves in a complex of historic buildings in Benjamin that includes a jail with 2-foot-thick sandstone walls.

"I like the big vistas you get out here," Wyman says. "I like to see a storm coming 100 miles away. People who live out here have a different way of looking at things." He believes—maybe because they can see so far—the vastness makes the people who live here feel free. "To me, there's a sense of hope," he says. "When you drive down 83, it goes through so much contrast from the High Plains to the Edwards Plateau and the South Texas Brush Country. You see what Texas must have looked like 150 years ago."

I get another glimpse into the past when I cross the wide, shallow Prairie Dog Town Fork of the Red River north of Childress. This is where outlaws Bonnie and Clyde plunged off a bluff into the river on June 10, 1933—then kidnapped the local sheriff and police chief to make their getaway.

North of Shamrock, I turn off the highway at Wheeler to visit the ghost town of Mobeetie, once an outpost for buffalo hunters, gamblers, and gunslingers. The oldest town on the Panhandle, Mobeetie had 13 saloons before being swept away by a twister in 1898.

North of the pretty town of Canadian, the grass is golden in the afternoon sun and the views across the hills extend to the horizon. Expansive fields of green border Perryton, the "Wheatheart of the Nation" and the last Texas town on U.S. 83. I park at a granite sign that marks the beginning of what once was called "No Man's Land." The Missouri Compromise left a strip of land 34.5 miles wide and 167 miles long without any form of government or laws until Congress attached it to the new Oklahoma Territory in 1890.

It's here, at this northern tip of Texas, that I stop to watch just one more Texas sunset. It paints the sky in colors so vivid I almost believe I can reach up and touch them. On a road so long, in a place so vast, even that seems possible. \*



TAKE THE U.S. 83 ROAD TRIP WITH US AND SEE THE SIGHTS OF TRUE TEXAS: [southernliving.com/texas-drive](http://southernliving.com/texas-drive)

## EIGHT FOR 83

HERE ARE SOME OF OUR TOP PLACES TO SEE ON U.S. 83.

### NATURE CENTER

Weslaco; [valleynaturecenter.org](http://valleynaturecenter.org) or 956-969-2475. **What's There:** Easy-access birding at the edge of Business 83

### VEGA'S INTERIORES MEJICANOS

Laredo; [vegasinteriores.com](http://vegasinteriores.com) or 956-724-8251. **What's There:** Fine folk art from the interior of Mexico

### GARNER STATE PARK

Concan; [tpwd.state.tx.us](http://tpwd.state.tx.us) or 830-232-6132. **What's There:** Swim, tube, and dance under the stars.

### PAINT ROCK RANCH EXCURSIONS

Paint Rock; 325-732-4376. **What's There:** Tours by appointment of one of the state's largest groups of pictographs

### PERINI RANCH STEAKHOUSE

Buffalo Gap; [periniranch.com](http://periniranch.com) or 800-367-1721. **What's There:** Fork-tender, dry-rubbed, pit-cooked prime rib. Award-winning chefs and cooking classes at the sixth annual Buffalo Gap Wine & Food Summit, April 23-25

### FRONTIER TEXAS!

Abilene; [frontiertexas.com](http://frontiertexas.com) or 325-437-2800. **What's There:** The state's best high-tech, Disney-style frontier experience

### FOUR SIXES SUPPLY HOUSE

Guthrie; [6666ranch.com](http://6666ranch.com) or 806-596-4459. **What's There:** Caps, coffee cups, and other gifts stamped with the Four Sixes brand

### CANADIAN, TEXAS

Chamber of Commerce; [canadiantx.com](http://canadiantx.com) or 806-323-6234. **What's There:** Restored, historic downtown. Ranch tours to see rare Lesser Prairie Chickens.





# From Spare to Spectacular

ADDING A FENCE, WALK, AND FLOWERS TURNED THIS  
LOUISIANA COTTAGE INTO A CHARMING HOME THAT  
EVERYONE LOVES.

by STEVE BENDER • photographs by RALPH ANDERSON  
styling by SCOTT MARTIN





Foliage, a fence, and flowers separate house and street, creating a cozy cottage garden.



*Before*



The deep porch serves  
as an outdoor room.



“In front, our house looks like a Louisiana cottage. And that’s the feeling I want in my garden.”

JORETTA CHANCE



John Chance wouldn't take a chance when it came to the huge water oak in his front yard. "He kept saying, 'The next time we have a hurricane, that thing's going to come through the roof,'" recalls his wife, Joretta. "So we took it down—and when we did, the whole front yard looked naked."

Naked doesn't make it in Lafayette, Louisiana, especially when your house was designed by famed Southern architect A. Hays Town. So with help from landscape architect Ted Viator, Joretta made some basic changes that produced the warm and welcoming look she wanted. Here's a taste of what she added.

**A NEW FENCE.** The house rests about 30 feet from the street. In the past, the front lawn ran to the pavement, making the front porch feel completely exposed. Now a handsome iron fence, 42 inches tall and 6 feet from the street, runs across the front of the yard.

Though the fence isn't solid, it lends a feel of privacy and separation. "If you have a small space between the house and street and put a low fence in front, it gives the illusion that your house is farther from the street than it really is," Joretta explains.

**A NEW WALK.** A new 5-foot-wide brick walk outside the fence spans the yard. Both the type of brick and its running-bond pattern (rows of bricks laid in the same direction) match those of the porch and existing walk. The new walk is the perfect spot for conversing with neighbors. "It's also much more convenient for people who park their cars on the street to step out onto a walk rather than grass," she adds.

**NEW PLANTING BEDS AND FLOWERS.** Sitting by itself, the iron fence would have looked orphaned. So Ted designed flowerbeds 1 foot in front of the fence and 3 feet behind, lending color to both sides. Assorted perennials and seasonal flowers keep compliments coming from spring through fall.

Clumps of white agapanthus line the front walk.



#### PASS-ALONG PLANT

#### *'Peggy Martin' Rose*

Among Joretta's favorite old roses is 'Peggy Martin,' a vigorous, thornless climber with pink flowers that survived the inundation of New Orleans during Hurricane Katrina. It's available from [petalsfromthepast.com](http://petalsfromthepast.com). For more information, see "Hope Is Blooming," at [southernliving.com/april2010](http://southernliving.com/april2010).

Traditional Southern flowers such as climbing roses, blue and white agapanthus, and petunias win top billing. "Joretta prefers the old-fashioned stuff," notes Ted. "Often, those plants have proved themselves better than new hybrids."

Ted frequently contributes pass-along plants he salvages from old homesites. "He'll say, 'Ooh, I saw some flowers coming up by an abandoned shack that was going to be destroyed. I'll get you some,'" notes Joretta. That's how she came by some old-fashioned Shasta daisies that grow shorter than ones you typically find at nurseries.

These special plants give her the ambience she's after. "In front, our house looks like a Louisiana cottage. And that's the feeling I want in my garden," she says. Whenever neighbors see Joretta tending her flowers, "They always ask, 'Can I cut a rose?'" she says. "And I always answer, 'Have at it.'" \*



THE SEASON'S

# EASIEST SHOWER MENU

HOSTING A PARTY FOR THE BRIDE AND GROOM  
DOESN'T GET EASIER THAN THIS. YOU PROVIDE THE TOPPINGS,  
AND GUESTS GRILL THEIR OWN PIZZAS.



*If there's a season for weddings in the South, it's now. And chances are you know a soon-to-be-wed couple in need of a party. So shower them with gifts and plenty of good food with this delicious, easygoing menu anchored by personal pizzas from the grill. Guests will gather around the grill once they catch the irresistible scent of fire-baked flatbread and fresh toppings. The menu's supporting recipes are mostly make-ahead, leaving you plenty of time to mingle with guests and celebrate with the lucky couple.*



Serve Raspberry Beer  
Cocktail in chalkboard-style  
glasses personalized with  
each guest's name.



USINE

by SHANNON SLITER SATTERWHITE • photographs by CHARLES WALTON IV  
styling by BUFFY HARGETT • food styling by MARIAN COOPER CAIRNS



# \* MENU \*

SERVES 6

(double or triple the menu to suit your crowd)

PIZZA WITH SAUCES AND TOPPINGS OF YOUR CHOICE

GREEK CAESAR SALAD

SIMPLE ANTIPASTO PLATTER

RASPBERRY BEER COCKTAIL

EASY CHEESECAKE BARS

**MAKE  
AHEAD**

## Shrimp-Pesto Pizza

MAKES 6 SERVINGS HANDS-ON

TIME: 37 MIN. TOTAL TIME: 37 MIN.

We found fresh pizza dough available behind the deli counter at Publix. If you're expecting a larger crowd, you can buy pizza dough in bulk from your local wholesale club or even a favorite pizza restaurant.

Vegetable cooking spray

1 lb. unpeeled, large raw shrimp  
(31/35 count)

1 large yellow onion, chopped

1 red bell pepper, chopped

¼ tsp. salt

¼ tsp. pepper

1½ tsp. olive oil

1½ lb. bakery pizza dough

All-purpose flour

Plain yellow cornmeal

½ cup Garden Pesto® (page 98)

¾ cup freshly grated Parmesan cheese

1. Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350° (medium) heat.

2. Peel shrimp, and slice in half lengthwise; devein, if desired.

3. Sauté onion, bell pepper, salt, and pepper in ½ tsp. hot oil in a large skillet over medium heat 5 minutes or until tender. Transfer onion mixture to a large bowl. Sauté shrimp in remaining 1 tsp. hot oil 3 minutes or just until shrimp turn pink. Add shrimp to onion mixture, and toss.

4. Divide dough into 6 equal portions. Lightly sprinkle flour on a large surface. Roll each portion into a 6-inch round (about ¼-inch thick). Carefully transfer pizza dough rounds to a cutting board or baking sheet sprinkled with cornmeal.

5. Slide pizza dough rounds onto cooking grate of grill; spread Garden Pesto over rounds, and top with shrimp mixture. Sprinkle each with 2 Tbsp. Parmesan cheese.

6. Grill, covered with grill lid, 4 minutes. Rotate pizzas one-quarter turn, and grill, covered with grill lid, 5 to 6 more minutes or until pizza crusts are cooked. Serve immediately.

\*Refrigerated store-bought pesto may be substituted.

Homemade Garden Pesto is the delicious base for Shrimp-Pesto Pizza. Store-bought pesto works fine too.





**Note:** Individual pizza dough rounds may be made ahead. Roll out as directed, and place between pieces of wax paper sprinkled with flour and cornmeal; place in a gallon-size zip-top plastic bag. Seal bag, and chill 8 hours.

## MAKE AHEAD

### Chicken Alfredo Pizza

MAKES 6 SERVINGS HANDS-ON

TIME: 29 MIN. TOTAL TIME: 29 MIN.

Use a deli-roasted rotisserie chicken to ease the prep.

Vegetable cooking spray

- 1½ lb. bakery pizza dough
- All-purpose flour
- Plain yellow cornmeal
- ¾ cup Creamy Alfredo Sauce (page 98)
- 1 (6-oz.) package fresh baby spinach, thoroughly washed
- 2 cups chopped cooked chicken
- 1½ cups (6 oz.) shredded fontina cheese
- 2 tsp. lemon juice
- ¼ tsp. salt
- ¼ tsp. pepper

1. Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350° (medium) heat.

2. Divide dough into 6 equal portions. Lightly sprinkle flour on a large surface. Roll each portion into a 6-inch round (about ¼-inch thick). Carefully transfer pizza dough rounds to a cutting board or baking sheet sprinkled with cornmeal.

3. Slide pizza dough rounds onto cooking grate of grill; spread Creamy Alfredo Sauce over rounds, and top with spinach, chicken, and cheese. Sprinkle with lemon juice, salt, and pepper.

4. Grill, covered with grill lid, 4 minutes. Rotate pizzas one-quarter turn, and grill, covered with grill lid, 5 to 6 more minutes or until pizza crusts are cooked. Serve immediately.

**Note:** Individual pizza dough rounds may be made ahead. Roll out as directed, and place between pieces of wax paper sprinkled with flour and cornmeal; place in a gallon-size zip-top plastic bag. Seal bag, and chill 8 hours.



Arrange a colorful appetizer of sliced salami and a log of goat cheese for Simple Antipasto Platter.

## MAKE AHEAD

### Greek Caesar Salad

MAKES 6 SERVINGS HANDS-ON

TIME: 10 MIN. TOTAL TIME: 10 MIN.

- ¾ cup olive oil
- ¼ cup lemon juice
- ¼ cup egg substitute
- 2 garlic cloves, pressed
- 1 tsp. dried oregano
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 head romaine lettuce, torn
- ¾ cup kalamata olives
- 1 small red onion, thinly sliced
- ½ cup crumbled feta cheese
- Croutons

1. Whisk together olive oil and next 6 ingredients in a small bowl. Cover and chill up to 2 days.

2. Combine lettuce and next 3 ingredients in a large bowl; gradually add enough

olive oil mixture to coat leaves, tossing gently. Sprinkle with croutons, and serve with remaining olive oil mixture.

### Simple Antipasto Platter

MAKES 8 SERVINGS HANDS-ON TIME: 10 MIN.

TOTAL TIME: 10 MIN.

- 1 (5-oz.) goat cheese log
- 2 Tbsp. chopped fresh parsley
- 1 (16-oz.) jar pickled okra, drained
- 1 (8-oz.) jar kalamata olives, drained and rinsed
- 1 (7-oz.) jar roasted red bell peppers, drained and cut into pieces
- 4 oz. sliced salami
- Assorted crackers and breadsticks

1. Roll goat cheese log in parsley; place on a serving platter. Arrange okra and next 3 ingredients on platter around goat cheese. Serve with assorted crackers and breadsticks. (TURN THE PAGE)





Raspberry Beer Cocktail can be made three days ahead.

## MAKE AHEAD

### Raspberry Beer Cocktail

MAKES 6 SERVINGS HANDS-ON

TIME: 5 MIN. TOTAL TIME: 5 MIN.

You can use fresh raspberries, but frozen taste just as good.

- ¾ cup frozen raspberries\*
- 3½ (12-oz.) bottles beer, chilled
- 1 (12-oz.) container frozen raspberry lemonade concentrate, thawed
- ½ cup vodka
- Garnish: lemon and lime slices

1. Stir together first 4 ingredients. Serve over ice. Garnish, if desired.

\*Fresh raspberries may be substituted.

**Note:** To make ahead, stir together lemonade concentrate and vodka in a large container. Chill up to 3 days. Stir in raspberries and beer just before serving. Garnish, if desired.

## MAKE AHEAD

### Easy Cheesecake Bars

MAKES 1 DOZEN HANDS-ON

TIME: 15 MIN. TOTAL TIME: 5 HR., 53 MIN.

- 1 cup all-purpose flour
- ¾ cup firmly packed light brown sugar
- ¼ cup butter, softened
- 3 (8-oz.) packages cream cheese, softened

## THREE EASY SAUCES

### ZESTY PIZZA SAUCE

Sauté 1 large **onion**, chopped, and 4 **garlic** cloves, minced, in 2 Tbsp. hot **olive oil** in a 3-qt. saucepan over medium-high heat 10 minutes or until tender. Stir 1 (28-oz.) can diced **tomatoes**, 1 Tbsp. dried **Italian seasoning**, ¾ tsp. **salt**, ½ tsp. **pepper**, and ¼ tsp. **dried crushed red pepper** into onion mixture. Bring to a boil; reduce heat to low, and simmer, stirring occasionally, 1 hour. Let stand 15 minutes. Process tomato mixture in a blender or food processor, in batches, until smooth. Cover and chill up to 5 days. Reheat in a saucepan over medium-low heat. Makes 3 cups. Hands-on time: 20 min.; Total time: 1 hr., 45 min.

### CREAMY ALFREDO SAUCE

Sauté 1 minced **garlic** clove in 1 tsp. hot **olive oil** in a large skillet over medium-high heat 1 minute. Reduce heat to medium-low; stir in 1 (10-oz.) container refrigerated **Alfredo sauce**, 1 Tbsp. chopped fresh **basil** and ½ tsp. freshly **ground pepper**. Cook, stirring constantly, 2 minutes or until thoroughly heated. Cover and chill up to 5 days. Reheat in a saucepan over medium-low heat. Makes 1 cup. Hands-on time: 8 min.; Total time: 8 min. **Note:** We tested with Buitoni Alfredo Sauce.



### GARDEN PESTO SAUCE

Preheat oven to 350°. Bake ¼ cup each of **pine nuts** and chopped **pecans** in a single layer in a shallow pan 8 minutes or until toasted and fragrant. Let cool 5 minutes. Process 2½ cups firmly packed fresh **basil leaves**, ½ cup chopped fresh **parsley**, 2 chopped **garlic** cloves, and ¼ cup **olive oil** in a food processor until a coarse paste forms. Add nuts and ¼ cup (3 oz.) shredded **Parmesan cheese**, and process until blended. With processor running, pour ½ cup **olive oil** through food chute in a slow, steady stream; process until smooth. Cover and chill up to 5 days. Makes 1¼ cups. Hands-on time: 10 min.; Total time: 23 min.



## TEST KITCHEN TIP

Add a personal touch to Easy Cheesecake Bars by piping on the couple's monogram.

If you can fill a zip-top plastic bag with store-bought chocolate frosting, then you can pipe a letter. Simply snip a corner of the filled bag (not too big, not too small), and squeeze. Practice first on a piece of paper. Use lower-case letters for a modern look, or get fancy with cursive.



- $\frac{3}{4}$  cup granulated sugar
- 3 large eggs
- $\frac{1}{2}$  cup sour cream
- $\frac{1}{2}$  tsp. vanilla extract
- 1 (15.5-oz.) container ready-to-spread chocolate frosting (optional)
- Garnish: fresh raspberries

1. Preheat oven to 350°. Beat first 3 ingredients at medium-low speed with an electric mixer until combined. Increase speed to medium, and beat until well blended and crumbly. Pat mixture into a lightly greased 13-x-9-inch pan. Bake 13 to 15 minutes or until lightly browned.
2. Beat cream cheese at medium speed with an electric mixer until creamy. Gradually add granulated sugar, beating until well blended. Add eggs, 1 at a time, beating at low speed just until blended after each addition. Add sour cream and vanilla, beating just until blended. Pour over baked crust.
3. Bake at 350° for 25 minutes or until set. Cool completely on a wire rack (about 1 hour). Cover and chill 4 to 24 hours; cut into bars.
4. If desired, spoon frosting into a zip-top plastic freezer bag. (Do not seal.) Snip 1 corner of bag to make a small hole. Pipe a frosting monogram on each bar. Garnish, if desired. \*

Let partygoers fill a memory jar, instead of a guest book. Look for card stock, ribbons, and pens at any crafts store.



PICK ONE OF OUR ITUNES PLAYLISTS TO MATCH YOUR PARTY THEME:  
[southernliving.com/party-playlists](http://southernliving.com/party-playlists)



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Andrea Vincent inspires women to exercise together.

**Did You Know?**

Walking 30 minutes each day is enough to prevent weight gain for most people, and exertion above that level can help you lose weight.

# Start Your Own Workout Group

Want to connect with other women and create a walking or running group? Virginia mom Andrea Vincent shares how she's helped more than 45,000 women find exercise buddies—and friends. **BY ERIN SHAW STREET**

**I**n 2004, Andrea Vincent found herself in the position many new moms can relate to: She wanted to get back in shape. But having recently moved to Fairfax, Virginia, this Texas native didn't know any fellow runners. So Andrea took matters into her own hands and created a Web site to help women "of all ages and stages" connect online and form local running

groups. Thousands responded.

Six years later, the free service [seemommyrun.com](http://seemommyrun.com) has more than 45,000 members throughout the U.S. and has led to the creation of thousands of running and walking groups as well as friendships. Andrea, now a mom of two and a certified running coach, shares how exercising with friends has changed her life—and how it can change yours.

**Q Has running always been a part of your life?**

I didn't really start running until my mid-twenties. As a working woman, I found it was convenient exercise—I ran in the morning before work and with a group of coworkers. When I was pregnant with my first child, the only time I felt good was when I was running. I started the Web site as a way for me to



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connect with other moms. After the birth of my second child, I started studying to be a certified women's fitness specialist and running coach so I could help women train.

**Q Why do you think running and walking groups appeal to Southern women?**

As Southerners, we're great at getting together—we plan book clubs, bunco, and church suppers. But these aren't fitness-oriented. We often care for our families and neglect ourselves. Walking and running groups give us a chance to socialize and focus on our own health.

**Q Have you seen friendships develop as a result of walking and running groups?**

Absolutely. These groups provide motivation, accountability, and friendship. I've met some of my best friends from running with them. I hear stories like this all the time—what starts out as a workout group becomes an extended family.

**Q Are all of the women who connect on your site new moms?**

Although a majority of our members have young children, the site isn't just for stroller moms. It's for all women. In fact, we have a number of groups of retirees and grandmothers. There are



also family-friendly groups that include dads too. Each group decides what they want to be—that's the beauty of it.

**Q How does seemommyrun.com work?**

It's completely free. You just log on, enter some basic information, and get access to groups around the country.



**ABOVE:** Andrea and husband Ameer plan active family outings.

**LEFT:** Group workouts build friendships and community.

Each group is self-sufficient—they pick the time and place they work out. Some groups are strictly walking, others running—they each set their own pace, meeting points, and routes. We provide an online resource to connect. If you don't find a group near you or one that meets your specific needs, you can start your own on the site. \*

## How To Start Your Own Walking or Running Group

"Working out with friends provides consistency, which is the key to maintaining a workout program," says Gerald Endress, exercise physiologist and director of Duke University's Diet and Fitness Center.

Here are Gerald's tips on starting your own group.

- 1 Set realistic goals. It's okay to meet only two or three times a week, especially if you haven't exercised in a while.
- 2 Pick a fun meeting place, like a local coffee shop.
- 3 Buy a pedometer to keep track of steps taken while working out with the group and on your own. Gerald recommends the Omron HJ-112 Digital Pocket Pedometer to his clients (\$34.99, [amazon.com](http://amazon.com)).
- 4 Consider committing to a walk or run for charity, which can help keep you motivated and benefit organizations in need.
- 5 Expect your group to gain and lose members over time. The most important thing is that you maintain a routine.





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# Healthy Secrets from a Foot Care Expert

Texas's Dr. Adriana Karpati shares her tips on how to get your feet looking beautiful and healthy just in time for spring sandals.

BY ERIN SHAW STREET

**E**very year around this time, Dr. Adriana Karpati sees them: feet that have been neglected all winter long. They're dry, cracked—even painful. "People tend to forget about their feet during colder months, but it's easy to get them back in shape in just a few easy steps," says the Grapevine podiatrist, who is a partner at Foot and Ankle Associates of North Texas.

Here, Dr. Karpati shares her tips for getting your feet looking and feeling good. It doesn't take much time—or money. And your feet will thank you.

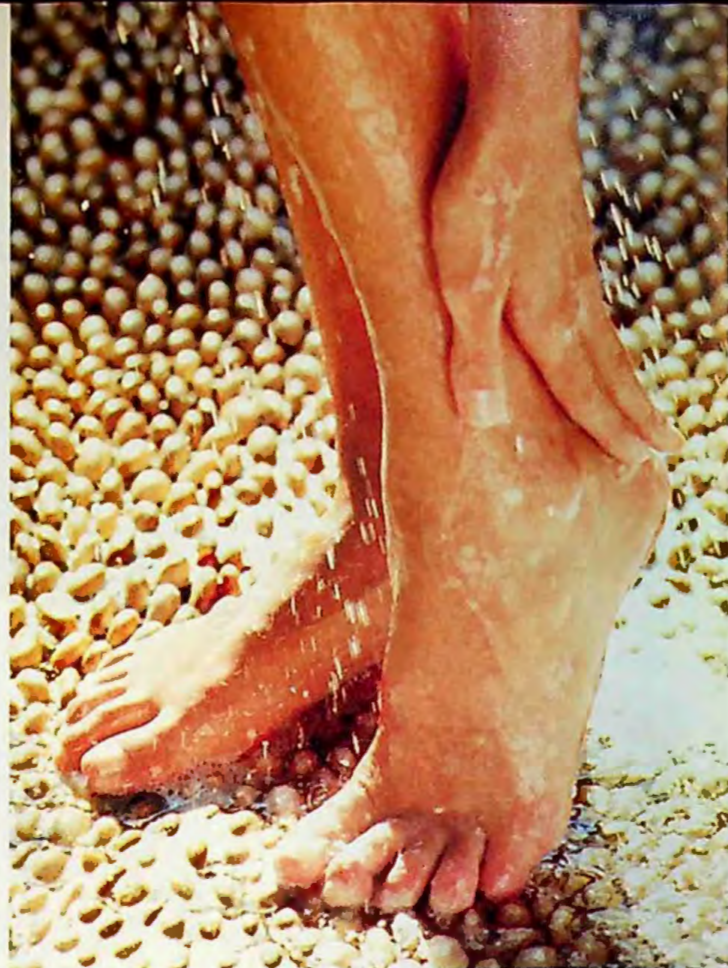
**Take Warm, Not Hot, Showers or Baths:** "Winter saps away moisture from the feet and not just because of the weather. We tend to take long, hot baths and showers, which rob our skin of moisture," she says. Use warm water instead and a wash cloth to clean feet.

**Add An Exfoliant Scrub:** "If you haven't been exfoliating,

now is the time to start," Dr. Karpati says. Exfoliation removes layers of dead skin that make feet look dull. Use a scrub once a day in the shower and pair it with a pumice stone to soften the bottoms of your heels, toes, and any rough spots. Dr. Karpati recommends Olay Thermal Pedicure (\$10.49, [drugstore.com](http://drugstore.com)).

**Moisturize Daily:** As soon as you get out of the shower, apply a moisturizer (don't forget the bottoms of your feet!). For an extra treat, use before bedtime and wear socks overnight.

**Get a Safe Pedicure:** "You want to put your best foot forward for spring and summer, but beware of unsterilized equipment and bacteria that can lead to fungal infections, athlete's foot, and in the worst cases, skin diseases," she says. Her advice: Invest in and bring your own instruments. Don't let the technician cut your cuticles. And those throw-away flip-flops they give you



## Dr. Karpati's Favorite Foot Care Products

**A. TO MOISTURIZE:** FarmHouse Fresh Honey Heel Glaze contains real honey, pineapple, and papaya. (\$24, [farmhousefreshgoods.com](http://farmhousefreshgoods.com))

**B. TO POLISH:** Dr.'s Remedy Enriched Nail polishes, developed by podiatrists, make nails stronger. (\$16, [remedynails.com](http://remedynails.com))

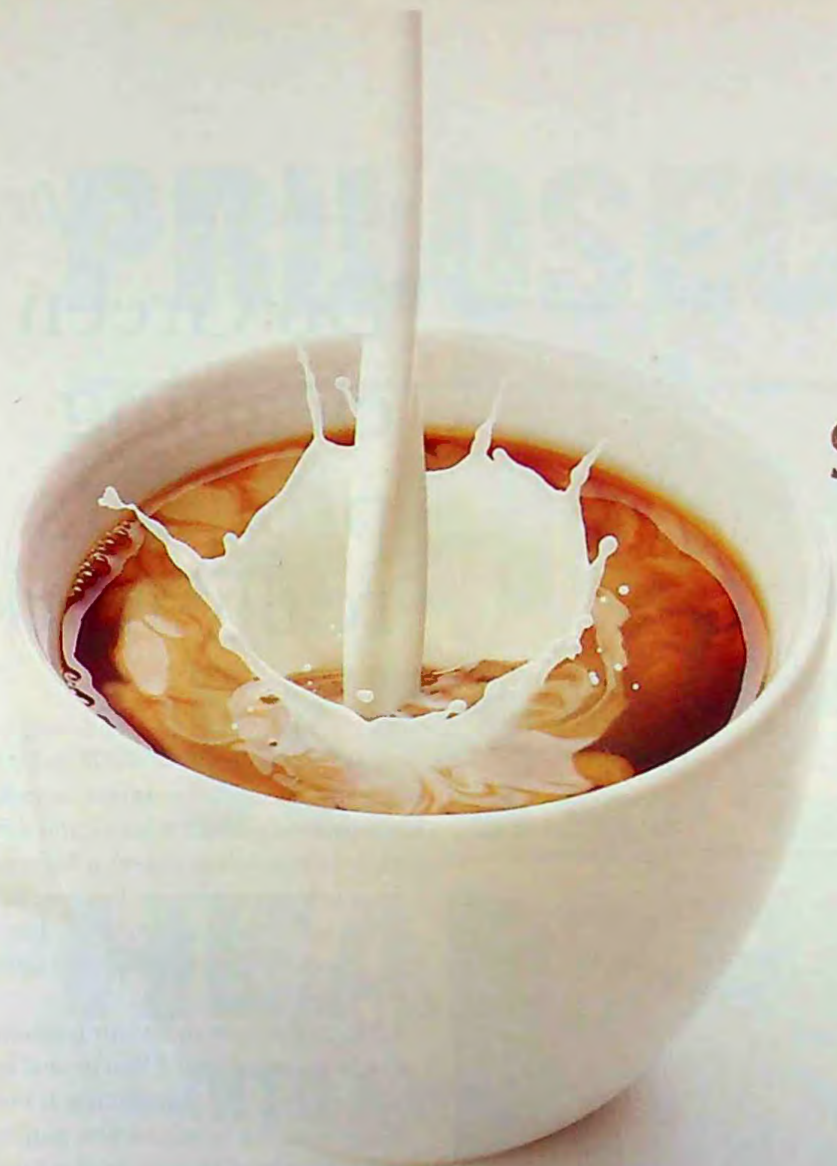
at the salon? Just to be safe, skip them and wear your own.

**Choose Healthy Nail Polish:** It's best to not wear toenail polish all the time (it provides

an environment for fungus to grow). When you do, try to use your own polish. Dr. Karpati likes ones with tea tree oil—it helps to suppress the growth of bacteria. \*



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Vinegar and lemon are effective and natural cleaners.

## Ask the Expert:

# “Do Green cleaning products really work?”

**THE ANSWER: YES.** You can get a sparkling clean house while reducing your impact on the environment, says Kelly Ulhorn, owner of 2 Chicks and a Broom ([twotchicksandabroom.com](http://twotchicksandabroom.com)), a Memphis-based cleaning service that specializes in all-natural cleaning products. But first you need to know a few things to cut through the Green hype.

- Making your own cleaning products is the best eco-option. “You probably already have many of the ingredients at home,” Kelly says. For instance, vinegar, baking soda, borax, and lemon can be used to make a variety of mixes to clean countertops, tile, tubs, and floors (for recipes, visit [southernliving.com/livehealthy](http://southernliving.com/livehealthy)). Kelly and her staff regularly use homemade products because they’re less expensive, contain no harmful ingredients, and eliminate the need for extra packaging destined for a landfill.
- Love the smell of a clean house? Kelly suggests adding a few drops of essential oil to your homemade solutions ([auracacia.com](http://auracacia.com) is a good source). Lavender has both relaxing and disinfecting properties.
- If you don’t have the time or interest in making your own eco-friendly cleaners, you can buy them. “Many of these products work just as well as their traditional counterparts,” Kelly says. If you’re feeling overwhelmed at the store, here’s a hint: Look for the EPA’s Design for the Environment seal on packaging. This recognizes household cleaners that are made from plant- and mineral-based ingredients and are thus better for the Earth. \*



### Kelly’s Picks for Best Natural Cleaning Products

- A.** Citra Solv Natural Cleaner & Degreaser (16 oz.), \$11.99; [citra-solv.com](http://citra-solv.com)  
**B.** Seventh Generation Disinfecting Wipes (35 count), \$4.99; [seventhgeneration.com](http://seventhgeneration.com)  
**C.** Method Multi-Surface cleaner (28 oz.), \$4; [methodhome.com](http://methodhome.com)





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# 3 Delicious Superfoods To Try Now

These nutrient-packed ingredients deliver a bounty of healthful benefits (that's what makes them super).

BY **SHANNON SLITER SATTERWHITE, M.S., R.D.**

## Sweet Potato-and-Edamame Hash

MAKES 8 SERVINGS HANDS-ON TIME: 42 MIN. TOTAL TIME: 42 MIN.

- 1 (8-oz.) package diced smoked lean ham
- 1 sweet onion, finely chopped
- 1 Tbsp. olive oil
- 2 sweet potatoes, peeled and cut into ½-inch cubes
- 1 garlic clove, minced
- 1 (12-oz.) package uncooked frozen, shelled edamame (green soybeans)
- 1 (12-oz.) package frozen whole kernel corn
- ¼ cup chicken broth
- 1 Tbsp. chopped fresh thyme
- ½ tsp. kosher or table salt
- ½ tsp. freshly ground pepper

**1.** Sauté ham and onion in hot oil in a nonstick skillet over medium-high heat 6 to 8 minutes or until onion is tender and ham is lightly browned. Stir in sweet potatoes, and sauté 5 minutes. Add garlic; sauté 1 minute. Stir in edamame and next 3 ingredients. Reduce heat to medium.



Serve Sweet Potato-and-Edamame Hash over fresh arugula with a poached egg.



### EDAMAME

This calcium-rich legume helps maintain bone density.

Cover and cook, stirring occasionally, 10 to 12 minutes or until potatoes are tender. Stir in salt and pepper.

**Note:** We tested with Birds Eye Steam-fresh Super Sweet Corn.

PER SERVING (NOT INCLUDING ARUGULA AND POACHED EGG): CALORIES 192; FAT 5.8G (SAT 0.8G, MONO 2.1G, POLY 0.5G); PROTEIN 13.9G; CARB 22.1G; FIBER 4.9G; CHOL 16MG; IRON 2.6MG; SODIUM 164MG; CALC 50MG

## Tex-Mex Fajitas

MAKES 8 FAJITAS HANDS-ON TIME: 40 MIN. TOTAL TIME: 40 MIN.

- 1 (14-oz.) package extra-firm tofu, drained and cut crosswise into ½-inch-thick pieces\*
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 7 tsp. vegetable oil, divided
- ½ medium-size sweet onion, thinly sliced
- 1 red bell pepper, cut into thin strips
- ½ cup chunky salsa
- 2 tsp. cider vinegar
- 1 tsp. salt
- 8 (6-inch) fajita-size flour tortillas, warmed



# Lunchables

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1. Sprinkle tofu with cumin and chili powder; gently toss to coat all sides.
2. Cook half of tofu in 3 tsp. hot oil in a large nonstick skillet over medium heat 5 minutes on each side. Remove tofu, and keep warm. Repeat procedure with 3 tsp. oil and remaining tofu.
3. Sauté sliced onion and bell pepper in remaining 1 tsp. hot oil in skillet over medium-high heat 2 minutes or until tender. Stir in salsa, vinegar, and salt; cook 2 minutes. Pour mixture over tofu. Remove from heat. Serve with warm tortillas and your favorite toppings.

\*1 lb. chopped cooked chicken breasts may be substituted for tofu. Cook 7 minutes, stirring often.

**Note:** We tested with Nasoya Extra Firm Tofu and Pace Chunky Salsa.

PER FAJITA (NOT INCLUDING TOPPINGS): CALORIES 169; FAT 8.9G (SAT 1.8G, MONO 0.6G, POLY 1.8G); PROTEIN 6.5G; CARB 15.8G; FIBER 1.4G; CHOL 0MG; IRON 1.4MG; SODIUM 563MG; CALC 72MG



Crisp sautéed tofu adds texture and healthy benefits to Tex-Mex Fajitas.

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## Honey-Ginger Tea

MAKES 1 CUP HANDS-ON TIME: 10 MIN.

TOTAL TIME: 13 MIN.

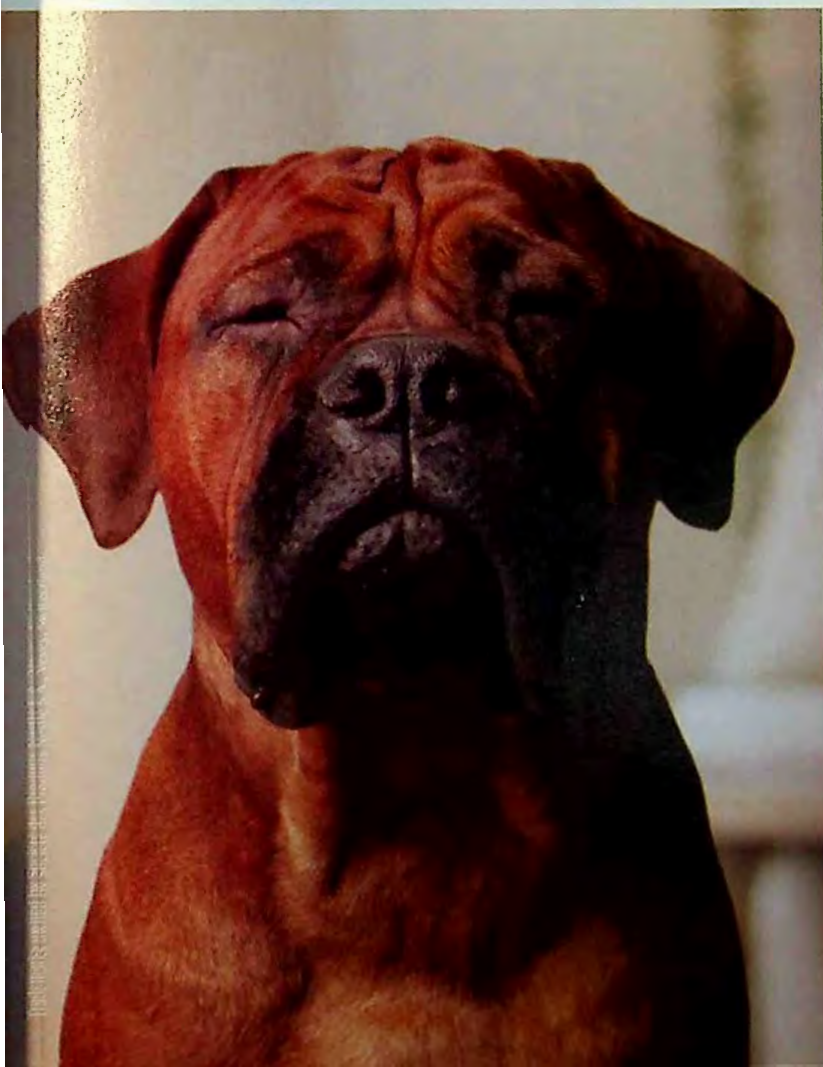
We like it with a touch of fresh lemon juice. This recipe also easily doubles or triples.

**1.** Grate 1 (1-inch) piece of fresh ginger, peeled, using the large holes of a box grater, to equal 1 Tbsp. Squeeze juice from ginger into a teacup; discard solids. Place 1 regular-size green tea bag, 1 Tbsp. fresh lemon juice, and 2 Tbsp. honey in teacup; add 1 cup boiling water. Cover and steep 3 minutes. Remove and discard tea bag, squeezing gently.

RECIPE FROM ROSE MARIE CROWE  
TRUSSVILLE, ALABAMA

**Note:** We tested with Twinings Green Tea. \*

PER SERVING: CALORIES 134; FAT OG (SAT OG, MONO OG, POLY OG); PROTEIN 0.2G; CARB 36.6G; FIBER 0.2G; CHOL 0MG; IRON 0.2MG; SODIUM 12MG; CALC 11MG



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Fibromyalgia. It's what I have. Not who I am.





## Important Safety Information About Cymbalta

**Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Suicide is a known risk of depression and some other psychiatric disorders. Call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over.**

### Cymbalta can help lessen your fibromyalgia pain.

When you have fibromyalgia, you live with chronic widespread pain and tenderness. Some days it can feel like fibromyalgia pain overwhelms you. Wouldn't you like to live with less pain? Maybe then, you could get back to more of the things you want to do.

There is good news. Cymbalta is a non-narcotic treatment that's FDA-approved for the management of fibromyalgia pain.

**When taken only once a day, every day, Cymbalta can help you lessen your fibromyalgia pain. You may begin to function better and feel better. As with any medicine, individual results may vary.**

What would you do with less fibromyalgia pain? Ask your doctor about Cymbalta.

Visit [cymbalta.com](http://cymbalta.com) to learn more.

Fibromyalgia is painful. Cymbalta can help.

  
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Cymbalta<sup>®</sup> (duloxetine HCl) is not for everyone. You should not take Cymbalta if you have recently taken a type of antidepressant called an MAOI or Mellaril<sup>®</sup> (thioridazine) or have uncontrolled glaucoma (increased eye pressure).

Talk to your doctor about all your medical conditions, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or diabetes. Severe liver problems, sometimes fatal, have been reported so talk to your doctor if you have itching, right upper belly pain, dark urine, yellow skin/eyes or unexplained flu-like symptoms while taking Cymbalta. Tell your doctor about your alcohol use and discuss all your medicines, including those for migraine to address a potentially life-threatening condition. Symptoms may include high fever, confusion, and stiff muscles. Discuss if you are taking NSAID pain relievers, aspirin or blood thinners because use with Cymbalta may increase bleeding risk. Consult your doctor before stopping Cymbalta or changing your dose. Dizziness or fainting may occur upon standing. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta. Tell your doctor if you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta which may be signs of low sodium levels. Tell your doctor if you develop problems with urine flow while taking Cymbalta and if you are pregnant or nursing.

The most common side effects of Cymbalta include nausea, dry mouth, constipation, decreased appetite and sleepiness. This is not a complete list of side effects. Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

**See back page for additional Important Safety Information, including Boxed Warning.**

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.**



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# Information For Patients About Cymbalta® (duloxetine hydrochloride) Delayed-Release Capsules

Please read this information carefully before you start taking Cymbalta (sim-BALL-tah) and each time your prescription is refilled in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

**Warning:** In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

## What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD) also called depression, generalized anxiety disorder (GAD), and for the management of fibromyalgia (FM) and diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain.

## What is fibromyalgia?

Fibromyalgia is a real disorder that may affect many areas of a person's life. It may make it harder to do daily activities. Fibromyalgia is characterized by chronic widespread pain and tenderness and may include other symptoms. The pain of fibromyalgia may be unpredictable. You may feel pain that can affect different parts of your body and may be worse on some days than on others. Fibromyalgia occurs most often in women but can also affect men.

## How is Cymbalta believed to work?

Although the exact way Cymbalta works in people is unknown, it is believed to be related to an increase in the activity of serotonin and norepinephrine, which are two naturally-occurring substances in the brain and spinal cord.

## When will Cymbalta begin to work?

In clinical studies, many people taking Cymbalta began to feel improvement in their symptoms as early as 1 to 4 weeks after starting Cymbalta. As with any treatment, results may vary from person to person.

## Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a monoamine oxidase inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate) or Emsam® (selegiline transdermal system). Using an MAOI with many

prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI.

- You have uncontrolled narrow-angle glaucoma (increased eye pressure).
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine).

## What should I talk to my healthcare provider about?

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes.
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported.
- About your alcohol use.
- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products.
- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles.
- If you take NSAID pain relievers, aspirin, or blood thinners as these medications may increase risk of bleeding when used with Cymbalta.
- If you are pregnant, plan to become pregnant or are nursing.
- If you experience dizziness or fainting upon standing due to a sudden drop in blood pressure. This may happen especially when first starting Cymbalta, when increasing the dose, or when used in combination with certain other drugs.
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta.
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta which may be signs of low sodium levels.
- If you develop problems with urine flow while taking Cymbalta.

## How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider.
- Cymbalta should be taken by mouth. Do not open, break or chew the capsule; it must be swallowed whole.
- Cymbalta can be taken with or without food.
- If you miss a dose, take it as soon as you

remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.

- Remember to refill your prescription before you run out of Cymbalta.
- Talk with your healthcare provider before stopping Cymbalta or changing your dose.

## What are the possible side effects of Cymbalta?

• In clinical studies of fibromyalgia, the most common side effect was nausea.  
• Other common side effects included dry mouth, constipation, decreased appetite, sleepiness, increased sweating, and agitation.  
This is not a complete list of side effects. For full patient information, visit [www.cymbalta.com](http://www.cymbalta.com). Talk to your healthcare provider if you have questions or develop any side effects.  
You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

## What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

## What happens when I stop taking Cymbalta?

Cymbalta should not be stopped suddenly. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache. Talk with your healthcare provider before stopping Cymbalta as he or she may wish to decrease the dose slowly to help you avoid these kinds of symptoms.

## Can children take Cymbalta?

Cymbalta has not been studied in children under 18 and is not approved for this age group. See Boxed Warning above.

## General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children.
- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist.

Additional information can be found at [www.cymbalta.com](http://www.cymbalta.com).

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# Food

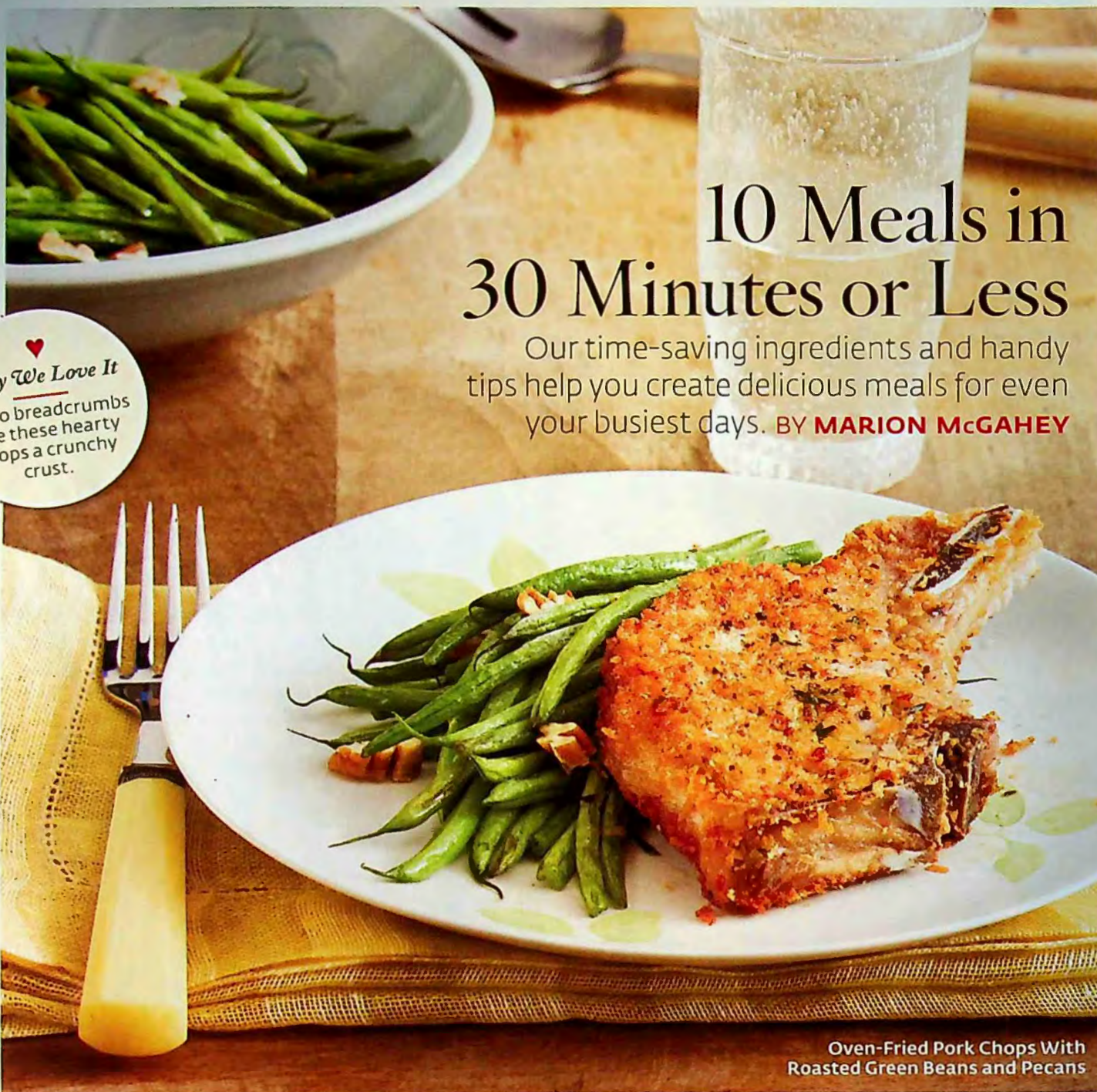
SOUTHERN. TRUSTED. TIMELESS.

## *Bountiful Berries*

The plump, juicy strawberries filling farm stands across the South this month inspired top-rated Southern desserts. For a taste, turn to page 144.

 Wash fresh strawberries just before using.





## 10 Meals in 30 Minutes or Less

Our time-saving ingredients and handy tips help you create delicious meals for even your busiest days. **BY MARION McGAHEY**

 *Why We Love It*  
Panko breadcrumbs give these hearty chops a crunchy crust.

Oven-Fried Pork Chops With Roasted Green Beans and Pecans

### Oven-Fried Pork Chops With Roasted Green Beans and Pecans

MAKES 4 SERVINGS HANDS-ON TIME:  
30 MIN. TOTAL TIME: 30 MIN.

- 2 (12-oz.) packages fresh cut green beans
- 1 Tbsp. olive oil
- 1 tsp. salt, divided
- 4 (4- to 6-oz.) bone-in center-cut pork chops
- ¼ tsp. pepper
- ½ cup Japanese breadcrumbs (panko)
- ¼ cup freshly grated Parmesan cheese
- 1 Tbsp. lemon zest
- 1 tsp. chopped fresh thyme
- ¼ cup vegetable oil
- ¼ cup chopped pecans
- ½ Tbsp. butter

1. Preheat oven to 450°. Drain and rinse beans. Combine beans, 1 Tbsp. olive oil, and ¾ tsp. salt in a large bowl, tossing to coat. Spread beans in a single layer in a jelly-roll pan. Bake 18 to 20 minutes or until beans are tender and slightly browned.
2. Meanwhile, sprinkle pork chops with pepper and remaining ¼ tsp. salt.
3. Stir together breadcrumbs and next 3 ingredients in a large shallow dish. Dredge



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pork chops in breadcrumb mixture.

**4.** Cook chops in  $\frac{1}{4}$  cup hot vegetable oil in a large skillet over medium heat 5 to 6 minutes on each side or until done.

**5.** Stir pecans and butter into beans; bake 5 to 6 more minutes or until pecans are golden. Serve pork chops with green beans.

## Grilled Chicken With Corn and Slaw

MAKES 4 SERVINGS HANDS-ON TIME:

30 MIN. TOTAL TIME: 30 MIN.

Dice leftover grilled chicken, and then combine with leftover slaw for a tasty lunch.

- 1 cup mayonnaise
- $\frac{1}{4}$  cup chopped fresh cilantro
- 6 Tbsp. white wine vinegar, divided
- $\frac{1}{4}$  tsp. salt, divided
- $\frac{1}{4}$  tsp. pepper
- 4 skinned and boned chicken breasts (about 1 lb.)
- 4 ears fresh corn, husks removed
- $\frac{1}{4}$  cup melted butter
- 1 (10-oz.) package shredded coleslaw mix
- 3 Tbsp. olive oil
- $\frac{1}{2}$  tsp. sugar
- $\frac{1}{4}$  tsp. pepper

**1.** Combine mayonnaise, cilantro, 3 Tbsp. vinegar,  $\frac{1}{4}$  tsp. salt, and  $\frac{1}{8}$  tsp. pepper in a small bowl. Reserve  $\frac{3}{4}$  cup mayonnaise mixture. Brush chicken with remaining  $\frac{1}{4}$  cup mayonnaise mixture.

**2.** Preheat grill to 350° to 400° (medium-high) heat. Grill chicken and corn at the same time, covered with grill lid. Grill chicken 7 to 10 minutes on each side or until done; grill corn 14 to 20 minutes or until done, turning every 4 to 5 minutes and basting with melted butter.

**3.** Toss coleslaw mix with oil, sugar,  $\frac{1}{4}$  tsp. pepper, and remaining 3 Tbsp. vinegar and  $\frac{1}{2}$  tsp. salt. Season chicken and corn with salt and pepper to taste. Serve with coleslaw and reserved mayonnaise mixture.



Grilled Chicken With Corn and Slaw

**Why We Love It**  
Use preshredded cabbage from the produce section to save time.

## Spring Chicken Cobb Salad

MAKES 4 SERVINGS HANDS-ON TIME:

23 MIN. TOTAL TIME: 28 MIN. (INCLUDING VINAIGRETTE)

- 1 large sweet onion
- 2 tsp. olive oil
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. pepper
- 1 (5-oz.) package arugula, thoroughly washed
- 2 cups chopped or shredded roasted chicken
- 2 avocados, sliced
- 1 cup drained and chopped jarred roasted red bell peppers
- 4 fully cooked bacon slices, chopped
- 4 oz. crumbled goat cheese
- Yogurt-Basil Vinaigrette

**1.** Cut onion into  $\frac{1}{4}$ -inch-thick slices. Brush with olive oil, and sprinkle with salt and pepper. Heat a grill pan over medium-high heat; cook onion slices 4 to 5 minutes on each side or until lightly charred and tender.

**2.** Arrange arugula on a serving platter;

top with onions, chicken, and next 4 ingredients. Drizzle with Yogurt-Basil Vinaigrette.

### TRY THIS TWIST!

**Salmon Cobb Salad:** Omit chicken. Season 4 (4-oz.) salmon fillets with  $\frac{1}{4}$  tsp. salt and  $\frac{1}{4}$  tsp. pepper. Cook salmon, covered, in 1 Tbsp. hot olive oil in a large skillet over medium heat 8 to 10 minutes on each side or until done. Proceed with recipe as directed.

### Yogurt-Basil Vinaigrette:

MAKES 1 CUP HANDS-ON TIME: 5 MIN.

TOTAL TIME: 5 MIN.

- $\frac{1}{2}$  cup plain fat-free yogurt
- $\frac{1}{4}$  cup olive oil
- 2 Tbsp. chopped fresh basil
- 2 Tbsp. red wine vinegar
- 1 Tbsp. honey
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{4}$  tsp. pepper

**1.** Whisk together all ingredients. Serve immediately, or cover and chill up to 8 hours. If chilled, let stand at room temperature 30 minutes before serving.



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## Pork Tenderloin Tacos With Radish-Avocado Salsa

**MAKES 4 SERVINGS** HANDS-ON TIME: 25 MIN.  
TOTAL TIME: 25 MIN.

### SALSA

- 1 (6-oz.) package radishes
- ½ small red onion, diced
- 1 avocado, diced
- 1 jalapeño pepper, seeded and minced
- ¼ cup chopped fresh cilantro
- 2 Tbsp. lime juice
- ¼ tsp. salt

### TACOS

- 2 Tbsp. brown sugar
- 3 Tbsp. olive oil
- 2 tsp. salt

- 1 tsp. ground cumin
- ½ tsp. ground red pepper
- 1 lb. pork tenderloin, cut into 1-inch cubes
- 8 (6-inch) fajita-size corn or flour tortillas, warmed

**1.** Prepare Salsa: Process radishes in a food processor until finely chopped. Stir together radishes, onion, and next 5 ingredients; cover and chill salsa until ready to serve.

**2.** Prepare Tacos: Stir together brown sugar and next 4 ingredients. Toss pork with brown sugar mixture. Heat grill pan over medium-high heat; cook pork, in 2 batches, 2½ minutes on each side or until done. Serve pork in warm tortillas with salsa.

## Cheesy BBQ Sloppy Joes

**MAKES 4 SERVINGS** HANDS-ON TIME:  
28 MIN. TOTAL TIME: 28 MIN.

- 1½ lb. lean ground beef
- 1 (14.5-oz.) can diced tomatoes
- 1 cup ketchup
- ½ cup bottled barbecue sauce
- 1 Tbsp. Worcestershire sauce
- 2 Tbsp. chopped pickled jalapeño peppers (optional)
- 1 Tbsp. liquid from pickled jalapeño peppers (optional)
- 1 (11.25-oz.) package frozen garlic Texas toast
- ½ cup (2 oz.) shredded sharp Cheddar cheese

**1.** Brown ground beef in a large skillet over medium-high heat, stirring often, 8 to 10 minutes or until beef crumbles and is no longer pink; drain well. Return to skillet. Stir in tomatoes, next 3 ingredients, and, if desired, jalapeño peppers and liquid. Cover and cook 10 minutes.

**2.** Meanwhile, prepare Texas toast according to package directions. Serve beef mixture over Texas toast; sprinkle with cheese.

## Steamed Mussels With Herbs

**MAKES 4 SERVINGS** HANDS-ON TIME: 23 MIN.  
TOTAL TIME: 23 MIN.

Serve with crusty bread to dip into the flavorful broth.

- 2 lb. fresh mussels
- 4 garlic cloves, minced
- 2 shallots, minced
- 2 Tbsp. olive oil
- 2 cups dry white wine
- 2 Tbsp. Dijon mustard
- 1 (14.5-oz.) can vegetable broth
- ¼ tsp. salt
- ¼ cup chopped fresh basil
- ¼ cup chopped fresh cilantro

**1.** Scrub mussels thoroughly with a scrub brush, removing beards. Discard any opened shells.

**2.** Sauté garlic and shallots in hot oil in a



**Cheesy BBQ Sloppy Joes**



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**visit [mybagelbites.com](http://mybagelbites.com)**



Dutch oven over medium heat 1 to 2 minutes. Stir in wine and mustard; cook 2 to 3 minutes. Add broth and salt, and bring to a boil. Add mussels. Cook, covered, stirring occasionally, 5 minutes or until all mussels have opened. Remove from heat. Stir in basil and cilantro.

## Chicken With Couscous, Tomatoes, and Hummus

**MAKES 4 SERVINGS HANDS-ON TIME: 30 MIN. TOTAL TIME: 30 MIN.**

Orzo pasta (prepared according to package directions) will work in place of couscous.

- 1 (10-oz.) package plain couscous
- 4 (4- to 6-oz.) skinned and boned chicken breasts
- 2 Tbsp. olive oil, divided
- 1½ tsp. salt, divided
- ½ tsp. pepper, divided

- 6 plum tomatoes, seeded and diced
- 1 garlic clove, minced
- 3 Tbsp. chopped fresh basil
- 2 Tbsp. minced red onion
- 1 Tbsp. lemon juice
- 1 (7-oz.) container hummus
- 4 pita bread rounds, cut into quarters

1. Prepare couscous according to package directions.
2. Brush chicken with 1 Tbsp. oil; sprinkle with ¾ tsp. salt and ¼ tsp. pepper.
3. Cook chicken, covered, in a large nonstick skillet or grill pan, over medium-high heat 8 to 10 minutes on each side or until done.
4. Meanwhile, combine tomatoes, next 4 ingredients, and remaining 1 Tbsp. oil, ½ tsp. salt, and ¼ tsp. pepper. Stir tomato mixture into prepared couscous.
5. Divide couscous mixture, hummus, and pita bread quarters among 4 serving plates; top each with 1 chicken breast.

## Speedy Black Beans and Mexican Rice

**MAKES 4 SERVINGS HANDS-ON TIME: 12 MIN. TOTAL TIME: 12 MIN.**

This hearty dish is the perfect answer for a meatless main-dish choice.

- 2 (8.8-oz.) pouches ready-to-serve Spanish-style rice
- 2 (15-oz.) cans black beans, drained and rinsed
- 2 (4-oz.) cans chopped green chiles
- ¼ cup chopped fresh cilantro

Toppings: sour cream, salsa, diced tomato, shredded Cheddar cheese

1. Prepare rice according to package directions.
2. Combine black beans and green chiles in a microwave-safe bowl. Microwave at HIGH 2 minutes or until thoroughly heated. Stir in rice and cilantro. Serve immediately with desired toppings.

## UNCLE BEN'S® Wild Rice Primavera



### Tips & Notes!

Serve this heart healthy recipe with ham for a special family meal.

**SERVES: 6**

**Prep Time: 10 minutes**

**Cooking Time: 20 minutes**

### INGREDIENTS

- 1 box (6 ounces) UNCLE BEN'S® Long Grain & Wild Rice Original Recipe
- 3 ½ cups fat-free, reduced-sodium chicken broth, divided
- 1 clove garlic, minced
- 1 teaspoon Italian seasoning
- 1 cup baby carrots, cut into small coins
- 1 cup zucchini, cut into half moons
- 1 cup yellow squash, cut into half moons
- 1 cup cherry tomatoes, halved
- 1 cup asparagus, diced

unclebens.com

### INSTRUCTIONS

1. Empty the contents (rice and seasoning packet) of the UNCLE BEN'S® Long Grain & Wild Rice Original Recipe box into a saucepan along with 2 ½ cups chicken broth and bring to a boil. Reduce heat to medium-low and simmer covered for 20 minutes.
2. Meanwhile, in a separate skillet, heat the remaining cup of chicken broth over medium heat. Add the garlic and Italian seasoning. Once steam begins to rise from the broth, add the carrots, zucchini, squash and tomatoes and reduce the heat slightly to medium-low, cover and heat for 5 minutes.
3. Carefully remove the lid and add the asparagus. Cover with lid and steam for another 2 minutes. Remove the lid and turn off the heat.
4. Once the rice has cooked for 20 minutes, pour the rice into the skillet with the vegetables and toss to combine.



**Note:** We tested with Uncle Ben's Spanish Style Ready Rice.

## Fettuccine With Green Peas and Fresh Mint

MAKES 3 TO 4 SERVINGS HANDS-ON TIME:

15 MIN. TOTAL TIME: 30 MIN.

- 1 (9-oz.) package refrigerated fettuccine
- 1 Tbsp. butter
- $\frac{3}{4}$  cup frozen baby sweet peas
- $\frac{3}{4}$  cup half-and-half
- $\frac{1}{2}$  cup ricotta cheese
- $\frac{1}{4}$  cup chopped fresh mint
- $\frac{1}{4}$  cup freshly grated Parmesan cheese
- 2 garlic cloves, minced
- 1 tsp. lemon zest
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. pepper
- Garnish: fresh shaved Parmesan cheese

1. Prepare pasta according to package directions.

2. Melt butter in a large skillet over medium heat. Add peas and next 8 ingredients. Reduce heat to low, and cook, stirring constantly, 5 minutes or until cheese is melted. Stir in hot cooked pasta, and serve immediately. Garnish, if desired.

## Cilantro-Ginger Flank Steak With Edamame Rice

MAKES 4 SERVINGS HANDS-ON TIME:

30 MIN. TOTAL TIME: 30 MIN.

This recipe is also terrific made with chicken breasts or pork chops.

- 1 Tbsp. grated fresh ginger
- 1 Tbsp. olive oil
- 6 Tbsp. chopped fresh cilantro, divided

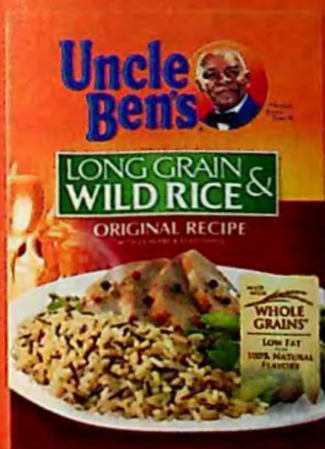
- 1 (1-lb.) flank steak
- 1 tsp. salt
- $\frac{1}{2}$  tsp. pepper
- $\frac{1}{2}$  lime
- 2 (8.5-oz.) pouches ready-to-serve basmati rice
- 2 cups fully cooked shelled frozen edamame, thawed

1. Preheat grill to 400° to 450° (high) heat. Stir together ginger, oil, and 2 Tbsp. cilantro in a small bowl. Rub cilantro mixture on steak. Sprinkle with salt and pepper.

2. Grill steak, covered with grill lid, 6 to 7 minutes on each side or to desired degree of doneness. Remove from grill; squeeze juice from lime over steak. Cover loosely with foil, and let stand 10 minutes.

3. Meanwhile, prepare rice according to package directions, and stir in edamame and remaining 4 Tbsp. cilantro. Cut steak across the grain into thin slices; serve over rice. \*

“Enjoy this recipe. Of course, if you just want to eat my Long Grain & Wild Rice by itself, that would be fine too.”



**Ben**  
knows best





# Add Flavor With Leeks and Shallots

These sweet, mild cousins of the onion star in everything from a savory main-dish tart to a versatile vinaigrette.

BY **MARION MCGAHEY**



## Bacon-and-Leek Tart

MAKES 6 SERVINGS HANDS-ON TIME: 33 MIN.

TOTAL TIME: 53 MIN.

This top-rated tart is so easy to make and great for company.

- 4 medium leeks
- 3 thick hickory-smoked bacon slices
- 1 cup (4 oz.) shredded Gruyère cheese, divided\*
- 2 tsp. chopped fresh thyme\*\*
- ½ tsp. pepper
- ½ tsp. salt
- ¼ (17.3-oz.) package frozen puff pastry sheets, thawed
- 1 egg white

1. Preheat oven to 400°. Remove and discard root ends and dark green tops of leeks. Thinly slice leeks, and rinse thoroughly under cold running water to remove grit and sand.
2. Cook bacon in a large skillet over medium-high heat 8 to 11 minutes or until crisp; remove bacon, and drain on paper towels, reserving 1 Tbsp. drippings in skillet. Crumble bacon.
3. Sauté leeks in hot drippings over medium heat 5 to 7 minutes or until



Bacon-and-Leek Tart is perfect for brunch.

tender. Stir in ½ cup cheese, thyme, pepper, and salt.

4. Unfold pastry sheet; fit into a 9-inch square tart pan. Whisk egg white until light and frothy. Brush egg white onto pastry sheet.

5. Bake at 400° for 15 to 20 minutes or until browned. Remove from oven. Press pastry with back of a spoon to

flatten. Top with leek mixture; sprinkle with crumbled bacon and remaining ½ cup cheese. Bake 5 to 7 minutes or until cheese is melted.

RECIPE FROM LIZ HOLLEY  
BIRMINGHAM, ALABAMA

\* Swiss cheese may be substituted.

\*\* 1 tsp. dried thyme may be substituted.

(TURN THE PAGE)





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## Stuffed Mushrooms With Pecans

**MAKES 8 APPETIZER SERVINGS HANDS-ON TIME: 28 MIN. TOTAL TIME: 53 MIN.**

Use mushrooms of equal size for even cooking.

- 2 medium leeks
- 1 (16-oz.) package fresh mushrooms (about 24 medium-size mushrooms)
- 1 tsp. salt, divided
- 2 shallots, minced
- 2 garlic cloves, minced
- 2 Tbsp. olive oil
- $\frac{1}{2}$  cup grated Parmesan cheese
- $\frac{1}{4}$  cup fine, dry breadcrumbs
- $\frac{1}{4}$  cup pecans, chopped
- 2 Tbsp. chopped fresh basil
- Garnish: fresh basil sprigs

- 1.** Preheat oven to 350°. Remove and discard root ends and dark green tops of leeks. Thinly slice leeks, and rinse thoroughly under cold running water to remove grit and sand.
- 2.** Rinse mushrooms, and pat dry. Remove and discard stems. Place mushrooms, upside down, on a wire rack in an aluminum foil-lined jelly-roll pan. Sprinkle with  $\frac{1}{2}$  tsp. salt; invert mushrooms.
- 3.** Bake at 350° for 15 minutes.
- 4.** Sauté leeks, shallots, and garlic in hot oil in a large skillet over medium heat 3 to 5 minutes or until tender. Transfer mixture to a large bowl. Stir in  $\frac{1}{4}$  cup Parmesan cheese, next 3 ingredients, and remaining  $\frac{1}{2}$  tsp. salt until well combined. Spoon 1 heaping teaspoonful leek mixture into each mushroom cap. Sprinkle with remaining  $\frac{1}{4}$  cup Parmesan cheese. Bake at 350° for 10 minutes or until golden. Garnish, if desired.

### Test Kitchen Secret

To properly clean leeks, trim roots and tough tops of green leaves. Cut the leek stalk in half lengthwise, and rinse well under cold running water, using your fingers to help remove trapped dirt between layers.

Stuffed Mushrooms With Pecans is a Southern take on the classic starter.



## Roasted Shallot Vinaigrette

**MAKES ABOUT  $\frac{1}{2}$  CUP HANDS-ON TIME: 10 MIN. TOTAL TIME: 45 MIN.**

Serve over a mixed green salad with blue cheese, or toss with steamed green beans.

- 5 shallots
- 1 Tbsp. olive oil
- 2 Tbsp. white wine vinegar
- 2 Tbsp. balsamic vinegar
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{2}$  tsp. sugar
- $\frac{1}{4}$  tsp. pepper
- $\frac{1}{2}$  cup olive oil

- 1.** Preheat oven to 400°. Peel shallots, and toss with 1 Tbsp. olive oil in a large

bowl. Arrange shallots on an aluminum foil-lined baking sheet.

- 2.** Bake at 400° for 25 minutes or until shallots are very tender, turning once after 15 minutes. Remove from oven, and let cool 10 minutes.

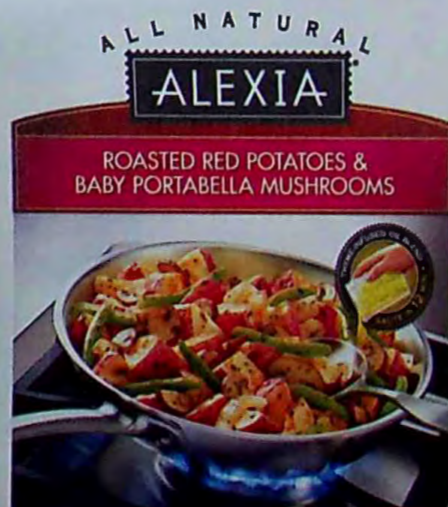
- 3.** Pulse roasted shallots, white wine vinegar, and next 4 ingredients in a food processor 3 to 5 times or until thoroughly blended. With processor running, slowly pour  $\frac{1}{3}$  cup olive oil through food chute in a slow, steady stream, processing 15 to 20 seconds or until mixture is blended and smooth. Serve immediately. Store vinaigrette in an airtight container in refrigerator for up to 5 days. Let stand at room temperature for 10 minutes, and whisk just before serving. \*





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Elevate the everyday with new Alexia Select Sides™. With unique ingredients you sauté in our gourmet herb-infused oil, your sides can finally live up to the main dish. Look for it in the freezer aisle.







# deliciously simple.

## PHILADELPHIA VANILLA MOUSSE CHEESECAKE

Prep Time: 20 min. • Total Time: 6 hours 15 min. (incl. refrigeration) • Serves: 16

40 NILLA Wafers, crushed (about 1½ cups)

3 Tbsp. butter or margarine, melted

4 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened, divided

1 cup sugar, divided

1 Tbsp. plus 1 tsp. vanilla, divided  
3 eggs

1 tub (8 oz.) COOL WHIP Whipped Topping, thawed

**HEAT** oven to 325°F. Mix wafer crumbs and butter; press onto bottom of 9-inch springform pan.

**BEAT** 3 pkg. cream cheese, ¾ cup sugar and 1 Tbsp. vanilla with mixer until well blended. Add eggs, 1 at a time,

mixing on low speed after each just until blended. Pour over crust.

**BAKE** 50 to 55 min. or until center is almost set. Run knife around rim of pan to loosen cake; cool completely in pan.

**BEAT** remaining cream

cheese, sugar and vanilla with mixer in large bowl until well blended. Whisk in COOL WHIP; spread over cheesecake. Refrigerate 4 hours. Remove rim of pan before serving cheesecake. Garnish with fresh berries if desired.







# simply delicious.

## LEMON-RASPBERRY MOUSSE SQUARES

Prep Time: 15 min. • Total Time: 4 hours 15 min. (incl. refrigeration) • Serves: 12

48 NILLA Wafers, divided  
 $\frac{3}{4}$  cup boiling water  
 1 pkg. (3 oz.) JELL-O Lemon Flavor Gelatin  
 1 cup ice cubes  
 1 pkg. (8 oz.) PHILADELPHIA Cream Cheese, softened  
 $\frac{1}{4}$  cup sugar  
 2 tsp. lemon zest  
 1 tub (8 oz.) COOL WHIP Whipped Topping, thawed, divided  
 $\frac{1}{3}$  cup raspberry preserves  
 1  $\frac{1}{2}$  cups fresh fruit

**STAND** 16 wafers around edge of plastic wrap-lined 8-inch square pan. Add boiling water to gelatin mix; stir 2 min. until completely dissolved. Stir in ice until melted.

**BEAT** next 3 ingredients in large bowl with mixer until blended. Gradually beat in gelatin. Whisk in 2 cups COOL WHIP.

**POUR** half the gelatin mixture into prepared pan; cover with 16 wafers. Microwave preserves on HIGH 15 sec. or until melted; brush onto wafers. Top with remaining gelatin mixture and wafers.

**REFRIGERATE** 4 hours or until firm. Invert dessert onto plate; top with remaining COOL WHIP and fruit.



FOR MORE DELICIOUS RECIPES VISIT [DESSERT.COM](http://DESSERT.COM)



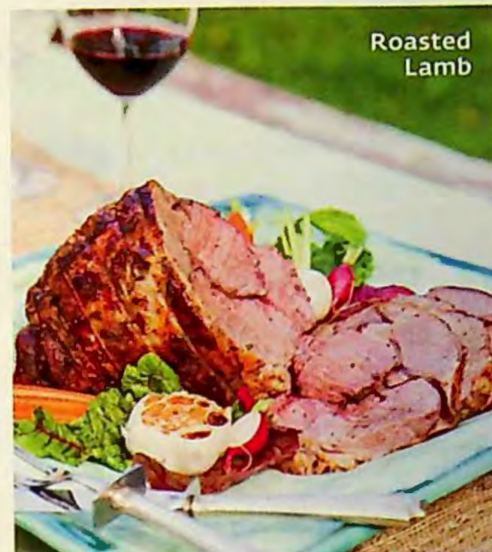
# Easter Flavors From TV's Cat Cora

This Mississippi native (and only female Iron Chef) shares a few of her favorite Easter dishes reflecting her Greek heritage. BY **SCOTT JONES**

**S**he learned to hold her ground early working in her family's restaurant. Now, Cat Cora goes head-to-head with the macho superchefs on the Food Network. At home, though, it's all about family again, where she shares her culinary legacy with her children. Enjoy the flavors of a classic Greek Easter with her perfectly delicious holiday recipes.



Cat and her 6-year-old son, Zoran



Roasted Lamb

## Roasted Lamb

**MAKES 8 SERVINGS HANDS-ON TIME:**  
**20 MIN. TOTAL TIME: 2 HR., 30 MIN.**

- 1 (5-lb.) boneless leg of lamb
- 2 lemons, halved and divided
- $\frac{1}{4}$  cup chopped fresh oregano
- $2\frac{1}{2}$  tsp. salt
- 2 tsp. pepper
- Kitchen string
- 1 garlic bulb, unpeeled
- $\frac{1}{4}$  cup olive oil
- 1 cup low-sodium chicken broth
- Garnishes: roasted garlic cloves, baby carrots, radishes, lettuce leaves

- 1.** Preheat oven to 350°. Unroll lamb, if necessary. Rub 1 lemon half on all sides of lamb, squeezing juice from lemon. Stir together oregano, salt, and pepper; rub on lamb. Roll up lamb, and tie with kitchen string.
- 2.** Place lamb on a lightly greased rack in a roasting pan. Separate garlic cloves (do





Arriving in time to fill your basket.



Pick up a bag this Easter.



RIGHT: Feta Spread makes an easy spring party appetizer.

BELOW: Serve Roasted Lamb, or try the Boston butt variation.



not peel), and place around roast. Drizzle olive oil over lamb and garlic cloves.

**3.** Squeeze juice from remaining 1½ lemons into a bowl. Stir together juice and chicken broth; pour into roasting pan.

**4.** Bake at 350° for 2 hours to 2 hours and 15 minutes or until a meat thermometer inserted into thickest portion registers 140° (medium) or to desired degree of doneness. Remove lamb from pan; cover with aluminum foil, and let stand 10 minutes before slicing. Garnish, if desired.

#### TRY THIS TWIST!

**Roasted Boston Butt:** Substitute 1 (5-lb.) bone-in pork shoulder roast (Boston butt) for lamb. Rub lemon and oregano mixture over roast as directed. (Do not tie up roast.) Proceed as directed, increasing bake time to 3 to 3½ hours or until fork-tender. Shred pork into large pieces using two forks, if desired. Hands-on time: 20 min. Total time: 3 hr., 30 min.



### Feta Spread (Htipiti)

Not only does this deliciously sharp dip make a great starter for the Easter feast, but it also pairs beautifully with the roasted lamb.

Pulse 8 oz. crumbled **feta cheese**, 2 Tbsp. **olive oil**, 1 Tbsp. **lemon juice**, 1 tsp. finely chopped **pepperoncini salad peppers**, 1 tsp. minced **garlic**, 1 tsp. chopped fresh **oregano**, ¼ to ½ tsp. **dried crushed red pepper**, and ⅛ tsp. **black pepper** in a food processor 6 to 8 times or until combined, stopping to scrape down sides. Cover and chill 2 hours before serving. Store in refrigerator up to 3 days. Serve with crostini or pita chips. Garnish with **dried crushed red pepper** and **olive oil**, if desired. Makes 1 cup. Hands-on time: 10 min.; Total time: 2 hr., 10 min.

**Note:** To serve as a sauce, prepare as directed, processing mixture 3 to 4 minutes. Serve immediately.



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## Church-Style Lemon-Roasted Potatoes

MAKES 6 TO 8 SERVINGS HANDS-ON TIME: 28 MIN. TOTAL TIME: 1 HR., 8 MIN.

If you don't want to peel little potatoes, you can use larger peeled Yukons. Simply cut into large chunks, and bake as directed. Any leftover potatoes are great for potato salad the next day.

- 3 Tbsp. olive oil
- 1½ Tbsp. butter
- 3 lb. small Yukon gold or red potatoes, peeled
- ¼ cup lemon juice
- 4 tsp. chopped fresh thyme
- ¾ tsp. salt
- ½ tsp. pepper

1. Preheat oven to 400°. Cook olive oil and butter in a skillet over medium heat, stirring constantly, 3 to 4 minutes or until butter begins to turn golden brown. Remove butter mixture from heat, and add peeled potatoes, tossing gently to coat.
2. Spread potatoes in a single layer in a 15- x 10-inch jelly-roll pan.
3. Bake at 400° for 40 to 45 minutes or until potatoes are golden brown and tender, stirring twice. Transfer potatoes to a large serving bowl, and toss with lemon juice, chopped fresh thyme, salt, and pepper until well coated. Serve potatoes immediately.



FIND MORE MENUS, RECIPES, AND TABLE SETTING IDEAS FOR YOUR EASTER CELEBRATION: [southernliving.com/easter](http://southernliving.com/easter)

LEFT: Church-Style Lemon-Roasted Potatoes

BELOW: Oregano Green Beans




## Oregano Green Beans

MAKES 8 SERVINGS HANDS-ON TIME: 27 MIN. TOTAL TIME: 42 MIN.

- 2 cups chopped onion
- 2 Tbsp. olive oil
- 1 garlic clove, minced
- 1 lb. fresh green beans, trimmed
- 1 (14½-oz.) can diced tomatoes, drained
- ½ cup vegetable or low-sodium chicken broth
- 1 Tbsp. chopped fresh oregano
- 1 Tbsp. chopped fresh parsley
- ¾ tsp. salt
- ½ tsp. pepper
- 1 Tbsp. fresh lemon juice
- ½ cup crumbled feta cheese

1. Sauté onion in hot oil in a Dutch oven over medium heat 8 minutes or until tender. Add garlic; cook, stirring often, 4 minutes or until garlic is tender and golden brown. Add beans and next 6 ingredients; bring to a boil. Reduce heat to low; cover and simmer 10 minutes or until beans are tender. Stir in lemon juice. Transfer to a serving dish; sprinkle with feta. Serve with a slotted spoon. \*





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## Cooking Class

# Omelets Made Easy

Whip up the perfect omelet for breakfast or supper. Grab your blender and nonstick skillet, and we'll show you how. **BY MARION MCGAHEY**

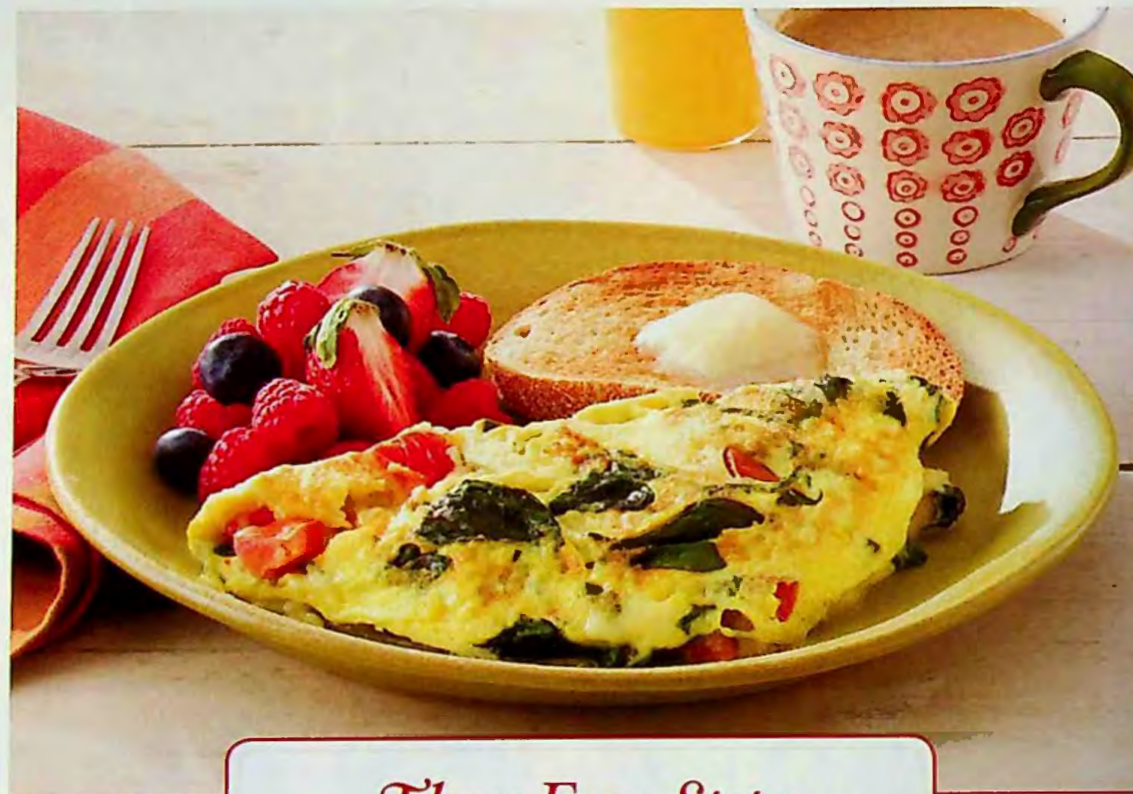
### Spinach-and-Cheese Omelet

**MAKES 1 SERVING HANDS-ON TIME:**  
**14 MIN. TOTAL TIME: 14 MIN.**

- 2 large eggs
- 1 Tbsp. butter
- 1 cup coarsely chopped spinach
- ½ cup chopped tomatoes
- ¼ tsp. salt
- ½ cup (1½ oz.) shredded Swiss cheese
- ¼ tsp. pepper



- Refrigerate eggs in their original carton at a temperature below 40°.
- Use raw eggs within four weeks and leftover yolks and whites within four days.
- Never leave eggs at room temperature for more than an hour.
- ¼ cup egg substitute = 1 large egg



## Three Easy Steps



*One*

### BLEND AND POUR

Process eggs and 2 Tbsp. water in a blender until blended. Melt butter in an 8-inch nonstick skillet over medium heat; add spinach and tomatoes, and sauté 1 minute or until spinach is wilted. Add salt and egg mixture to skillet.



*Two*

### LIFT AND TILT

As egg mixture starts to cook, gently lift edges of omelet with a spatula, and tilt pan so uncooked egg mixture flows underneath, cooking until almost set (about 1 minute). Cover skillet, and cook 1 minute.



*Three*

### FOLD AND SERVE

Sprinkle omelet with cheese and pepper. Fold omelet in half, allowing cheese to melt. Slide cooked omelet onto a serving plate, and season with salt to taste. Serve with buttered toast and fresh fruit. \*



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## Five Easy Shrimp Appetizers

Take your pick from budget-stretching nachos to a bold and sassy twist on the classic shrimp cocktail.

BY **MARY ALLEN PERRY**

### Seaside Shrimp

**MAKES 8 SERVINGS HANDS-ON TIME:**  
**10 MIN. TOTAL TIME: 28 MIN.**

Serve shrimp with crusty French bread.

- 2 lb. peeled, large raw shrimp (31/40 count)
- 1 cup bottled Caesar dressing
- ¼ cup chopped fresh parsley
- ¼ cup fresh lime juice
- 2 garlic cloves, pressed
- 1 tsp. freshly ground pepper

**1.** Preheat oven to 375°. Place all ingredients in a 13- x 9-inch baking dish, tossing to coat. Bake 18 minutes or just until shrimp turn pink, stirring after 9 minutes.

### Tex-Mex Shrimp Cocktail

**MAKES 4 TO 6 SERVINGS HANDS-ON TIME:**  
**15 MIN. TOTAL TIME: 4 HR., 15 MIN.**

- ¼ cup hot red jalapeño pepper jelly
- 1 Tbsp. lime zest
- ¼ cup fresh lime juice
- 1 lb. peeled, large cooked shrimp (31/40 count)
- 1 cup diced mango
- ½ cup diced red bell pepper



Fiery jalapeño pepper jelly adds a sweet kick to Tex-Mex Shrimp Cocktail.

- ¼ cup chopped fresh cilantro
- 1 small avocado, diced
- Garnishes: lime slices, fresh cilantro sprigs

**1.** Whisk together first 3 ingredients. Pour into a large zip-top plastic freezer bag; add shrimp and next 3 ingredients, turning to coat. Seal and chill 4 hours, turning occasionally. Add avocado. Garnish, if desired.

### Shrimp-and-Bacon Deviled Eggs

**MAKES 12 SERVINGS HANDS-ON TIME:**  
**20 MIN. TOTAL TIME: 4 HR., 20 MIN.**

- 12 hard-cooked eggs, peeled
- ¼ cup reduced-fat mayonnaise
- 1 Tbsp. Dijon mustard
- ½ tsp. ground red pepper
- ¼ tsp. salt
- 1 cup chopped cooked shrimp
- ½ cup cooked and crumbled bacon
- ¼ cup chopped fresh chives

**1.** Cut eggs in half lengthwise; remove yolks. Process yolks, mayonnaise, and next 3 ingredients in a food processor until smooth. Stir in shrimp, bacon, and chives; spoon into egg white halves. Cover and chill 4 hours.



READER  
RECIPE

## Shrimp Nachos

MAKES 4 DOZEN HANDS-ON TIME: 20 MIN.  
TOTAL TIME: 28 MIN.

- 1½ cups (6 oz.) shredded pepper Jack cheese
- 1 cup chopped cooked shrimp
- 1 (4.5-oz.) can chopped green chiles, drained
- ½ cup reduced-fat mayonnaise
- ½ cup chopped green onions
- ¼ cup sliced black olives
- ¼ cup chopped fresh cilantro
- 48 tortilla chip scoops

1. Preheat oven to 350°. Stir together pepper Jack cheese and next 6 ingredients. Spoon into tortilla chip scoops; place on a baking sheet. Bake 8 minutes or until cheese is melted.

RECIPE FROM LEISA BAILEY  
YANKTON, SOUTH DAKOTA

READER  
RECIPE

## Curried Shrimp Tarts

MAKES 4 TO 6 SERVINGS HANDS-ON TIME:  
15 MIN. TOTAL TIME: 15 MIN.

- 1 cup chopped cooked shrimp
- ½ (8-oz.) package cream cheese, softened
- 3 Tbsp. chopped green onions
- 1 Tbsp. fresh lime juice
- ¼ tsp. curry powder
- ¼ tsp. ground red pepper
- 15 mini-phylo pastry shells
- 2½ Tbsp. jarred mango chutney
- Toppings: chopped fresh chives, toasted sweetened flaked coconut

1. Stir together first 6 ingredients. Spoon mixture into pastry shells. Spoon ½ tsp. mango chutney over each tart; sprinkle with desired toppings. \*

RECIPE INSPIRED BY APRIL COX  
CHARLESTON, SOUTH CAROLINA



Speedy Curried Shrimp Tarts use ready-made pastry shells.



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# Two Takes on Ham

## Mama's Way or

### Honey-Bourbon Glazed Ham

MAKES 15 SERVINGS HANDS-ON TIME:  
20 MIN. TOTAL TIME: 3 HR., 20 MIN.

- 1 (9¼-lb.) fully cooked, bone-in ham
- 40 whole cloves
- ½ cup firmly packed light brown sugar
- ½ cup honey
- ½ cup bourbon
- ½ cup Creole mustard
- ½ cup molasses

**1.** Preheat oven to 350°. Remove skin from ham, and trim fat to ¼-inch thickness. Make shallow cuts in fat 1 inch apart in a diamond pattern; insert cloves in centers of diamonds. Place ham in an aluminum foil-lined 13- x 9-inch pan.

**2.** Stir together brown sugar and next 4 ingredients; spoon over ham.

**3.** Bake at 350° on lowest oven rack 2 hours and 30 minutes, basting with pan juices every 30 minutes. Shield ham with foil after 1 hour to prevent excessive browning. Remove ham from oven, and let stand 30 minutes.

#### TRY THIS TWIST!

**Honey-Bourbon Boneless Glazed Ham:** Substitute 1 (4-lb.) smoked, fully cooked boneless ham for bone-in. Reduce cloves to 3 (do not insert into ham). Stir together brown sugar mixture as directed in Step 2; stir in cloves. Place ham in a foil-lined 13- x 9-inch pan. Pour sauce over ham. Bake as directed, reducing bake time to 1 hour and basting every 30 minutes. Makes 10 servings. Hands-on time: 20 min.; Total time: 1 hr., 10 min.



WHY WE LOVE  
*Mama's  
Way*

- Delicious hot or cold
- Bone-in delivers exceptional flavor
- Beautiful on a holiday buffet



# Your Way?

One is a showstopping Southern classic; the other cooks in half the time. Both get rave reviews. BY **NATALIE KELLY BROWN**

## Orange Glazed Ham

MAKES 10 SERVINGS HANDS-ON TIME:  
10 MIN. TOTAL TIME: 1 HR., 50 MIN.

- 1 (4-lb.) smoked, fully cooked boneless ham
- 1 cup orange marmalade
- 1 cup orange juice
- $\frac{1}{4}$  cup firmly packed brown sugar
- 2 Tbsp. creamy Dijon mustard
- 1 Tsp. ground ginger

1. Preheat oven to 350°.
2. Place ham in an aluminum foil-lined 13- x 9-inch pan.
3. Stir together marmalade and next 4 ingredients; spoon mixture over ham.
4. Bake at 350° on lowest oven rack 1 hour and 30 minutes, basting with pan juices every 30 minutes. Remove ham from oven, and let stand 10 minutes before slicing.

### HAM 101

- Cooked ham can be served directly from the refrigerator. If you'd like to serve it hot, heat in a 350° oven to an internal temperature of 140°.
- Uncooked ham should be heated to an internal temperature of 160° in a 350° oven. Plan to cook it 18 to 20 minutes per pound.
- Dry-cured ham is rubbed with salt and seasonings, and then stored until the salt fully penetrates the meat.
- Wet-cured ham is seasoned with a brine solution, which keeps the meat moist and the texture tender. \*

### SEND US YOUR RECIPE

Updated your mom's classic recipe? Or want us to give your favorite childhood recipe a makeover? If so, send it to: "Mama's Way or Your Way?" *Southern Living*, 2100 Lakeshore Drive, Birmingham, AL 35209 or [sl\\_foodedit@timeinc.com](mailto:sl_foodedit@timeinc.com).



WHY WE LOVE  
*Your Way*

- Faster cook time
- Perfect size for small families
- Easy to carve



# Sweet on Strawberries

The South's most prized spring fruit gets a delicious update in these impressive desserts. BY **REBECCA KRACKE GORDON**

## Strawberry-Orange Shortcake Tart

**MAKES 8 SERVINGS HANDS-ON TIME: 20 MIN. TOTAL TIME: 1 HR., 25 MIN.**

Baking the shortcake in a tart pan produces a sweet-and-sturdy base for the berries and whipped cream.

- 1 1/4 cups all-purpose flour
- 1/4 cup plain yellow cornmeal
- 2 Tbsp. sugar
- 3/4 tsp. baking powder
- 1/2 tsp. salt
- 6 Tbsp. cold butter, cut into pieces
- 1 large egg, lightly beaten
- 3/4 cup buttermilk
- 1 Tbsp. orange marmalade
- 1 (16-oz.) container fresh strawberries, cut in half
- 1/2 cup orange marmalade
- 2 cups heavy cream
- 2 Tbsp. sugar
- Garnishes: fresh mint sprigs, sweetened whipped cream

1. Preheat oven to 425°. Place first 6 ingredients (in order of ingredient list) in a food processor. Process 20 seconds or until mixture resembles coarse sand. Transfer to a large bowl.
2. Whisk together egg and buttermilk; add to flour mixture, stirring just until dry ingredients are moistened and a dough forms. Turn dough out onto a lightly floured surface, and knead 3 to 4 times. Press dough on bottom and up sides of a lightly greased 9-inch tart pan.
3. Bake at 425° for 20 to 22 minutes or until golden and firm to touch.
4. Microwave 1 Tbsp. marmalade at

HIGH 10 seconds; brush over crust. Cool 45 minutes.

5. Stir together strawberries and 1/2 cup marmalade.
6. Beat heavy cream with 2 Tbsp. sugar at medium speed with an electric mixer until soft peaks form. Spoon onto cornmeal crust; top with strawberry mixture. Garnish, if desired.

## Vanilla-Stuffed Strawberry Cupcakes

**MAKES 2 DOZEN HANDS-ON TIME: 30 MIN. TOTAL TIME: 4 HR. (INCLUDING CUSTARD)**

Cupcakes will rise over baking cup edges. Use a paring knife to gently loosen from pan.

### Vanilla Bean Custard

- 24 paper baking cups
- 1 (16-oz.) package angel food cake mix
- 2 tsp. vanilla bean paste\*
- 3 cups halved fresh strawberries
- Garnish: fresh mint sprigs

1. Prepare Vanilla Bean Custard.
2. Meanwhile, preheat oven to 325°. Place baking cups in 2 (12-cup) muffin pans. (Do not grease.) Prepare angel food cake batter according to package directions using a paddle attachment. Stir in vanilla bean paste. Spoon batter into baking cups, filling completely full.
3. Bake at 325° on middle oven rack 20 to 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes.
4. Gently run a knife around edges of cupcakes to loosen. Remove from pans



to wire racks, and cool completely (about 20 minutes).

5. Scoop out centers of cupcakes, leaving a 1/2-inch border on bottom and sides. Spoon or pipe Vanilla Bean Custard into centers of cupcakes. Top with strawberries. Cover and chill until ready to serve. Garnish, if desired.
- \*2 tsp. vanilla extract may be substituted.

**Note:** We tested with a number of brands of cake mix and preferred Duncan Hines Angel Food Premium Cake Mix.

### Vanilla Bean Custard:

**MAKES 3 CUPS HANDS-ON TIME: 20 MIN. TOTAL TIME: 3 HR., 20 MIN.**

Don't be tempted to substitute a pudding mix here. The delicate flavor is well worth a bit of effort.

- 2 1/2 cups milk
- 3/4 cup sugar
- 1/2 cup all-purpose flour
- 2 egg yolks
- 2 tsp. vanilla bean paste\*

1. Whisk together first 4 ingredients in a heavy 3-qt. saucepan. Cook over medium-heat, whisking constantly, 10 to 12 minutes or until thickened. Remove from heat; stir in vanilla bean paste. Cover and chill 3 hours.
- \*2 tsp. vanilla extract may be substituted. \*



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To find out if you qualify, call 1-800-347-7503.

**Important Risk Information About VYTORIN:** VYTORIN is a prescription tablet and isn't right for everyone, including women who are nursing or pregnant or who may become pregnant, and anyone with liver problems.


Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. VYTORIN may interact with other medicines or certain foods, increasing your risk of getting this serious side effect. So tell your doctor about any other medications you are taking.

Your doctor may do simple blood tests before and during treatment with VYTORIN to check for liver problems. Side effects included headache, muscle pain, and diarrhea. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

**Please read the more detailed information about VYTORIN on the adjacent page.**

**VYTORIN<sup>®</sup>**  
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**Treat the 2 sources of cholesterol.**

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**PATIENT INFORMATION ABOUT VYTORIN (VI-tor-in)**  
Generic name: ezetimibe/simvastatin tablets

Read this information carefully before you start taking VYTORIN. Review this information each time you refill your prescription for VYTORIN as there may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about VYTORIN, ask your doctor. Only your doctor can determine if VYTORIN is right for you.

**WHAT IS VYTORIN?**

VYTORIN is a medicine used to lower levels of total cholesterol, LDL (bad) cholesterol, and fatty substances called triglycerides in the blood. In addition, VYTORIN raises levels of HDL (good) cholesterol. VYTORIN is for patients who cannot control their cholesterol levels by diet and exercise alone. You should stay on a cholesterol-lowering diet while taking this medicine.

VYTORIN works to reduce your cholesterol in two ways. It reduces the cholesterol absorbed in your digestive tract, as well as the cholesterol your body makes by itself. VYTORIN does not help you lose weight. VYTORIN has not been shown to reduce heart attacks or strokes more than simvastatin alone.

**WHO SHOULD NOT TAKE VYTORIN?**

Do not take VYTORIN:

- If you are allergic to ezetimibe or simvastatin, the active ingredients in VYTORIN, or to the inactive ingredients. For a list of inactive ingredients, see the "Inactive ingredients" section at the end of this information sheet.
- If you have active liver disease or repeated blood tests indicating possible liver problems.
- If you are pregnant, or think you may be pregnant, or planning to become pregnant or breast-feeding.
- If you are a woman of childbearing age, you should use an effective method of birth control to prevent pregnancy while using VYTORIN.

VYTORIN has not been studied in children under 10 years of age.

**WHAT SHOULD I TELL MY DOCTOR BEFORE AND WHILE TAKING VYTORIN?**

**Tell your doctor right away if you experience unexplained muscle pain, tenderness, or weakness. This is because on rare occasions, muscle problems can be serious, including muscle breakdown resulting in kidney damage.**

The risk of muscle breakdown is greater at higher doses of VYTORIN.

The risk of muscle breakdown is greater in patients with kidney problems.

Taking VYTORIN with certain substances can increase the risk of muscle problems. It is particularly important to tell your doctor if you are taking any of the following:

- cyclosporine
- danazol
- antifungal agents (such as itraconazole or ketoconazole)
- fibric acid derivatives (such as gemfibrozil, bezafibrate, or fenofibrate)
- the antibiotics erythromycin, clarithromycin, and telithromycin
- HIV protease inhibitors (such as indinavir, nelfinavir, ritonavir, and saquinavir)
- the antidepressant nefazodone
- amiodarone (a drug used to treat an irregular heartbeat)
- verapamil (a drug used to treat high blood pressure, chest pain associated with heart disease, or other heart conditions)
- large doses ( $\geq 1$  g/day) of niacin or nicotinic acid
- large quantities of grapefruit juice ( $>1$  quart daily)

It is also important to tell your doctor if you are taking coumarin anticoagulants (drugs that prevent blood clots, such as warfarin).

Tell your doctor about any prescription and nonprescription medicines you are taking or plan to take, including natural or herbal remedies.

Tell your doctor about all your medical conditions including allergies.

Tell your doctor if you:

- drink substantial quantities of alcohol or ever had liver problems. VYTORIN® (ezetimibe/simvastatin) may not be right for you.
- are pregnant or plan to become pregnant. Do not use VYTORIN if you are pregnant, trying to become pregnant or suspect that you are pregnant. If you become pregnant while taking VYTORIN, stop taking it and contact your doctor immediately.
- are breast-feeding. Do not use VYTORIN if you are breast-feeding.

Tell other doctors prescribing a new medication that you are taking VYTORIN.

**HOW SHOULD I TAKE VYTORIN?**

- Take VYTORIN once a day, in the evening, with or without food.
- Try to take VYTORIN as prescribed. If you miss a dose, do not take an extra dose. Just resume your usual schedule.
- Continue to follow a cholesterol-lowering diet while taking VYTORIN. Ask your doctor if you need diet information.
- Keep taking VYTORIN unless your doctor tells you to stop. If you stop taking VYTORIN, your cholesterol may rise again.

**WHAT SHOULD I DO IN CASE OF AN OVERDOSE?**

Contact your doctor immediately.

**WHAT ARE THE POSSIBLE SIDE EFFECTS OF VYTORIN?**

See your doctor regularly to check your cholesterol level and to check for side effects. Your doctor may do blood tests to check your liver before you start taking VYTORIN and during treatment.

In clinical studies patients reported the following common side effects while taking VYTORIN: headache, muscle pain, and diarrhea (see What should I tell my doctor before and while taking VYTORIN?).

The following side effects have been reported in general use with VYTORIN or with ezetimibe or simvastatin tablets (tablets that contain the active ingredients of VYTORIN):

- allergic reactions including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing (which may require treatment right away), rash, hives; raised red rash, sometimes with target-shaped lesions; joint pain; muscle pain; alterations in some laboratory blood tests; liver problems (sometimes serious); inflammation of the pancreas; nausea; dizziness; tingling sensation; depression; gallstones; inflammation of the gallbladder; trouble sleeping; poor memory.

Tell your doctor if you are having these or any other medical problems while on VYTORIN. This is not a complete list of side effects. For a complete list, ask your doctor or pharmacist.

**GENERAL INFORMATION ABOUT VYTORIN**

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use VYTORIN for a condition for which it was not prescribed. Do not give VYTORIN to other people, even if they have the same condition you have. It may harm them.

This summarizes the most important information about VYTORIN. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about VYTORIN that is written for health professionals. For additional information, visit the following web site: [vytorin.com](http://vytorin.com).

**Inactive ingredients:**

Butylated hydroxyanisole NF, citric acid monohydrate USP, croscarmellose sodium NF, hypromellose USP, lactose monohydrate NF, magnesium stearate NF, microcrystalline cellulose NF, and propyl gallate NF.

Issued May 2009

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(ezetimibe/simvastatin) tablets



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- GOOD FOR YOU
- MAKE-AHEAD
- PARTY PERFECT

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- 120 Yogurt-Basil Vinaigrette ●●
- 98 Zesty Pizza Sauce ●



# Losing Their Hair?

The **ONLY** hair loss therapy designed exclusively for a woman's biochemistry offers new hope for those suffering in silence.

If you are a woman suffering from hair loss or thinning hair, you are not alone. According to the American Academy of Dermatology, more than 30 million American women are coping with the daily nightmare of hair loss.

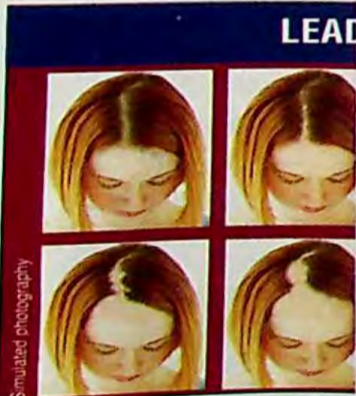
That means 30 million women are facing the same stress, worry and embarrassment every time they look in the mirror or comb their hair. And these women are searching for a better way to regain a healthy head of hair and the self-confidence that comes along with it.

## Clinically Proven Treatment

Today, every woman suffering from hair loss has new hope for re-growing hair and reclaiming their confidence. Finally, the researchers behind the *International Hair Institute* have created **Keranique**, a therapy containing the only clinically approved ingredient that will both help re-grow hair, while reversing hair loss, AND make your hair look and feel amazing so you can have the silky looking hair you have always wanted.

## Keranique is Unique..and For Women ONLY

Keranique is a simple yet revolutionary technology formulated for women who want to live with richer, fuller volume while working to end the increasing hair loss. Keranique is designed to help women concerned about hair loss and loss of texture and is the result of years of research at the International Hair Institute. It is specifically designed to work with the biochemistry of women.



These statements have not been evaluated by the FDA. They are not intended to prevent any disease. Consult with your doctor.

## Hair Loss is Not Created Equal

For years, the discussion of women's hair loss has been taboo. While the market for products dealing with men's hair loss has exploded, women struggling with their own hair loss issues were forced to suffer alone, hiding under wigs, scarves and hats...or worse.

But the number of women suffering has become so large that even the medical community is finally acknowledging this issue and as they are seeing women with hair loss at earlier and earlier ages. The problem can no longer be ignored. That is why the *International Hair Institute* was created. While balding in men is accepted as almost a genetic predisposition coupled with age, in women, the leading causes of hair loss are varied. This epidemic is so vast it has been reported that 50% of all women over 50 are dealing with some form of hair loss or thinning hair!

In clinical trials, women experienced 2.7 times the hair growth using the FDA-approved ingredient in Keranique

Visibly restores fullness,



## What Our Customers Have To Say About Keranique...

"I truly love this product. My husband, who notices nothing, keeps telling me my hair looks thicker. And I can tell my roots are getting stronger!"

Results not typical

— Jodi, MO

loss and re-growing hair. Women all over the U.S. who have tried Keranique love the way it leaves their hair silky smooth and the amazing results.

## Try KERANIQUE RISK FREE for 30 days!

The chemists from the International Hair Institute are so confident in **Keranique**, they're offering a **30 day Risk FREE** trial...because seeing is believing! Keranique is made in small batches by a specialist lab.

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## Love It? Get It!

Our guide to the products and services featured in this issue

**Note:** Many items pictured in the magazine are one-of-a-kind or no longer available—we've listed similar looks when possible. Because of the printing process, paints depicted on our pages may vary from manufacturers' colors. We've listed color names and numbers, but for an exact match, take the page to a paint retailer near you.

### SPRING IS AT THE DOOR

**Page 41 Designer:** Matthew Mead of Matthew Mead Productions, Inc.; [matthewmeadstyle.com](http://matthewmeadstyle.com). **Door paint:** Dreamy Lime (19-8) by Pratt & Lambert; [prattandlambert.com](http://prattandlambert.com). **Basket:** White Oak Wall Basket handwoven by Terry Gibson of Gibson Baskets; [gibsonbaskets.com](http://gibsonbaskets.com) or 479-443-3010. **Basket painted in Burnt Sage (9-3),** also by Pratt & Lambert.

### TIME IS COASTAL

**Pages 42-49 Residential design:** Jim Strickland of Historical Concepts; [historicalconcepts.com](http://historicalconcepts.com) or 770-411-3041. **Interior design:** Ruth Edwards of Ruth Edwards Antiques & Interiors; 843-671-2223. **Contractor:** Bill Mischler of Genesis Construction; 843-757-8200.

**Exterior and Front Porch Pages 42-44 Cedar shake paint:** Granite by Glidden; [glidden.com](http://glidden.com). **Roofing:** Corrugated metal in Patrician Bronze by 4M Metals; [4mmetals.com](http://4mmetals.com) or 843-208-2433. **Shutters:** Classic line by New Horizon Shutters; [newhorizonshutters.com](http://newhorizonshutters.com) or 843-797-7762. **Exterior shutter and porch floor paint:** Spanish Moss, also by Glidden. **Wall lanterns:** Charleston Wall Lantern (JG1001) by The Urban Electric Company; [urbanelectricco.com](http://urbanelectricco.com) or 843-723-8140. **Throw pillows:** Linen pillow with new zebra embroidery (ank894), and linen pillow with

corded corals and tulle floral over embroidery (ank769), both from the Fairytale Collection by Ankasa; [ankasa.com](http://ankasa.com). **Living Area Pages 44-46 Wall paint:** Elmira White (HC-84) by Benjamin Moore; [benjaminmoore.com](http://benjaminmoore.com). **Ceiling paint:** Palladian Blue (HC-144); cut in half with plain white, also by Benjamin Moore. **Trim paint:** Dove White, also by Glidden. **Flooring:** Brazilian Jatoba from Ziel's Antique Flooring, Inc.; 912-313-0726. **Throw pillows:** Rectangular linen pillow on couch with two panels of linen leaves and cordwork (ank1099), and square linen pillow on side chair with 4-corner linen leaves and cordwork (ank1098), both from the Upper East collection, also by Ankasa.

**Kitchen Pages 46-48 Wall paint:** Elmira White (HC-84), also by Benjamin Moore. **Ceiling paint:** Palladian Blue (HC-144) cut in half with plain white, also by Benjamin Moore. **Trim paint:** Dove White, also by Glidden. **Flooring:** Brazilian Jatoba from Ziel's Antique Flooring, Inc.; 912-313-0726. **Cabinets:** Custom cabinets and matching appliance panels by Donlon & Merrell Designs, Inc.; 704-334-0054. **Main countertops and backsplash:** Eased and honed 3CM Calacatta Gold Vein Marble from Creative Stone Accessories; 912-234-8485. **Island**

**countertop:** 6CM Calacatta Gold Vein Marble with laminate edge, also from Creative Stone Accessories. **Large wall clock:** No longer available; for a similar look, try the Infinity Instruments Large Distressed Case Resin Wall Clock (#UH1113), from Wal-Mart (online only); [walmart.com](http://walmart.com). **Kitchen pendant lights:** Pelham Pendant (2212) in Historic Bronze by Hudson Valley Lighting, from The Light Post; 843-815-8080. **Range:** 48" with six gas burners and griddle (#VDSC54876G) by Viking; [vikingrange.com](http://vikingrange.com) or 888-845-4641. **Sink:** Shaw's Original Single-Bowl Fireclay Apron Sink, 30" x 18" (RC3018) by ROHL; [rohlhome.com](http://rohlhome.com) or 800-777-9762. **Faucet:** for a similar look, try the Contemporary Bridge Kitchen Faucet With Lever Handles (U.4293LS) in Satin Nickel, also by ROHL.

### DONE IN A DAY

**Pages 50-52 Faux bois vase:** Wood Bark Urn in Cement Grey by Oly; [olystudio.com](http://olystudio.com). **Terra-cotta pot:** Medium Aged Aurora Urn by Campo de Fiori; [campodefiori.com](http://campodefiori.com). **Lamp kit:** Non-drilling Vase Lamp Kit; [lampstuff.com](http://lampstuff.com). **Lampshades:** from Palmer Lamps; 205-871-7597. For a similar look, try Just Shades; [justshadesny.com](http://justshadesny.com).

### A BATH ALL THEIR OWN

**Page 55 Residential designer:** Ken Pursley of Pursley Architecture, Inc., Charlotte, North Carolina; [pursleyarchitecture.com](http://pursleyarchitecture.com) or 704-334-6500.

**Builder:** D. Hal Averett Contractor, Inc., Columbus, Georgia; [dhalaverett.com](http://dhalaverett.com) or 706-327-0083. **Ceiling paint:** Mindful Gray (SW7016), satin finish, by Sherwin-Williams; [sherwin-williams.com](http://sherwin-williams.com). **Wall paint:** Urbane Bronze (SW7048), also by Sherwin-Williams. **Concrete countertops:** Poured and polished concrete countertop with Khaki pigment added by Dex Industries, Atlanta; [dexindustries.com](http://dexindustries.com) or 404-753-0600. **Sinks:** Garland design on Vintage under-counter lavatory model K-14273-G by Kohler; [kohler.com](http://kohler.com) or 800-456-4537. **Faucets:** Widespread Lavatory Faucet series 1030 in polished chrome by Newport Brass; [newportbrass.com](http://newportbrass.com) or 949-417-5207.

### FARM-FRESH KITCHEN

**Pages 58-61 Kitchen designer:** Karen Turner of Karen Turner Kitchen Design; 434-882-0561. **Builder:** John D. England; 804-758-2721. **Architectural preservation consultation:** Mary Harding Sadler with Sadler & Whitehead Architects, PLC; [sadlerandwhitehead.com](http://sadlerandwhitehead.com) or 804-231-5299. **Cabinets:** Custom cabinets and matching appliance panels by Contemporary Kitchens; [conkit.com](http://conkit.com) or 804-758-2001. **Countertops:** Butcher-block, also by Contemporary Kitchens. **Flooring:** vintage pine flooring; for a similar look, try [vintagepineflooring.com](http://vintagepineflooring.com) or 866-203-6924. **Floor paint:** Alternating diamond

pattern in White Dove (OC-17) and Butter (2023-60) by Benjamin Moore; [benjaminmoore.com](http://benjaminmoore.com). **Kitchen island:** No longer available; for a similar look, check out the selection at eKitchen Islands.com; [ekitchenislands.com](http://ekitchenislands.com) or 888-880-4884. **Sink:** Gilford apron-front, wall-mount kitchen sink in Sunlight by Kohler; [kohler.com](http://kohler.com) or 800-456-4537. **Breakfast table:** Custom; for a similar look, try the Style Dining Table 4 by Russell & Mackenna; [russellmackenna.com](http://russellmackenna.com) or 410-315-9011 or the Inga Trestle Dining Table in Winter by Maine Cottage; [mainecottage.com](http://mainecottage.com) or 888-859-5522. **Bench cushion fabric:** No longer available; for a similar look, try Baja Stripe in Caribbean (650422) by Waverly; [waverly.com](http://waverly.com) or Rockland in Jonquil/Goldenrod (31603-650) by Duralee ([duralee.com](http://duralee.com)), available through DCOTA Design Services; 954-921-7575. **Large wall clock:** No longer available; for a similar look, try the Patrizio Fiorentino Clock (#AT531) from Ballard Designs; [ballarddesigns.com](http://ballarddesigns.com).

### THE SEASON'S EASIEST SHOWER MENU

**Pages 94-99 Glasses:** Chalk Talk Glassware Set from Cost Plus World Market; [worldmarket.com](http://worldmarket.com). **Gift wrap:** by Pikku; [pikkuwares.com](http://pikkuwares.com). **Ceramic dinnerware:** by Alex Marshall Studios; [alexmarshallstudios.com](http://alexmarshallstudios.com) or 530-824-3800. **Glass memory jar:** from Home Essentials & Beyond; [homeessentials.com](http://homeessentials.com).

#### DOOR PAINT COLOR (page 41)

Dreamy Lime (19-8)  
by Pratt & Lambert;  
[prattandlambert.com](http://prattandlambert.com)

"Green in many shades is a fresh, lively color that provides a great backdrop to art, collectibles, and mirrors," says designer Matthew Mead. "It's fresh and surprising as a whole room color or adds a fun pop to a front door."



# Next month in **Southern Living**



One of our Test Kitchen Professionals shares her mother's signature dessert recipe and more.

## Plus:

- An insider's guide to Nashville and Austin
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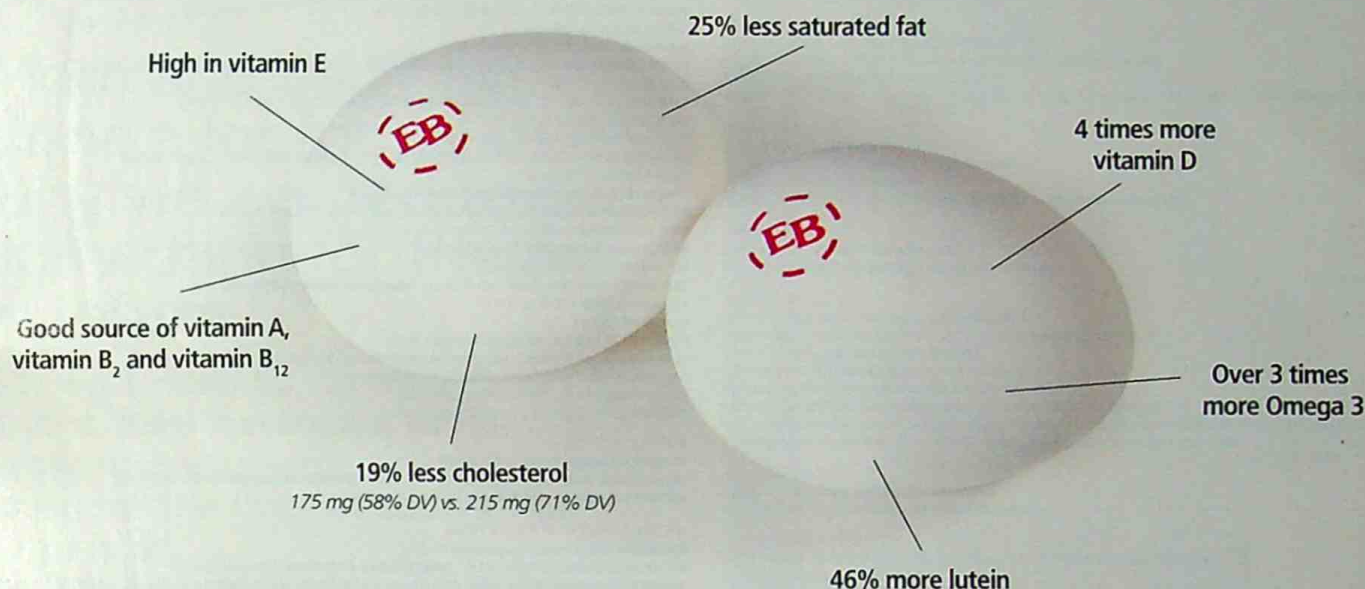


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## Rebecca's Pick

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# Each Of These Kids Needs Somebody Who Cares Enough To Send \$250. Once.



Ming, 6 months, China



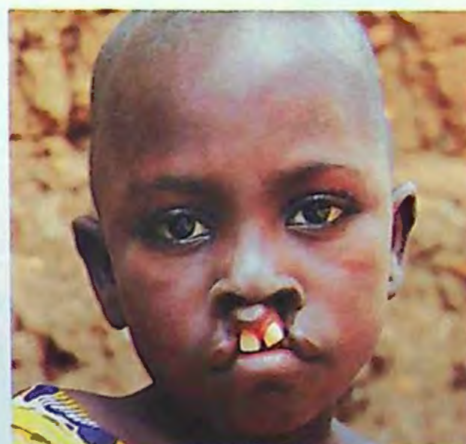
Shiva, 1 year, India



Mot, 13 years, Cambodia



Durgap, 5 years, India



Funmi, 8 years, Nigeria



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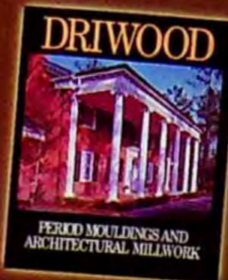
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## Our Sunday Best

Will the last church hostess to leave the powder room please grab the Aqua Net?

BY VALERIE FRASER LUESSE

A friend of mine visited a college campus recently and was aghast to see coeds walking to class in shorts and tank tops best suited to the gym. "My grandmother used to put on lipstick to go to the mailbox," she said wistfully.

Our transformation from church-hostess Southern to lost-my-kid-gloves modern sort of slipped up on us. First came panty hose (no need to wrestle those nylons) and hot rollers (so long, bonnet hair dryer), then pantsuits—in church. With the wave of an unmanicured hand, we had abandoned our half-slips, misplaced our Revlon "Love That Red," tossed out our teasing combs, and taken up with sensible shoes.

Some icons of our feminine past won't be missed at all. To that bonnet hair dryer and clear-to-here girdle, we say good riddance. To the teasing comb, we offer a more reverent farewell. Together with Aqua Net hair spray, it gave generations of pageant hair the strength to bear a tiara, and that ought to mean something.

But as we boldly march forward, let us remember that "Mama 'n' 'em" knew a thing or two about style. And I can name three blasts from our past that deserve a comeback.

### 1 The Easter Dress

We used to start shopping for our Easter dresses before the Valentine's candy was even stale. An Easter dress was your prettiest, dressiest Sunday-go-to-meetin' ensemble of the year. It screamed spring: floaty fabrics in pastel colors; short sleeves, puff sleeves, or no sleeves; store-bought or handmade. Pearls required. Hat and gloves optional after 1960. If you were under 12, you wore pastel dotted Swiss, patent leather Mary Janes, and maybe a color-coordinated hat with a little elastic band that hooked under your chin. No matter what your age, the biggest challenge was trying not to shiver, since even the Deep South tends to have a mysterious cold snap on Easter (perhaps as a divine reminder that this is a worship experience, not a fashion show).

### 2 The Mother's Day Corsage

When I was a kid, if a mother came to church without a corsage from her children, the whole family went on everybody's prayer list. Now almost nobody buys one, and that's a shame. Here's how it works. You choose the flowers for your mother's corsage based on whether her mother is living



or dead. If her mother's living, she wears roses or carnations in pink or red. If her mother has crossed over, she wears white or yellow roses or an orchid. Everybody gets baby's breath. It's just the right thing to do.

### 3 The Hostess Apron

"When you saw my grandmother's mint-green organza apron, you knew some cucumber sandwiches were coming out," my friend Rebecca says. Back in the day, Southern women wore kitchen aprons, which they actually wiped their hands on while they cooked, and hostess aprons, which adorned and protected their good dresses while they served guests. Hostess aprons are all over the Web ([girlyaprons.com](http://girlyaprons.com), [jessiesteele.com](http://jessiesteele.com)), so this would be a fairly simple charge to lead if we all work together.

### Take The Pledge

Preserving our heritage takes commitment. We have to band together. So, ladies, wherever you are, stand up, raise your right hand, and repeat after me: I, (your name here), pledge to do my part to bring back the Easter dress. I pledge to order corsages right this minute, before the florist runs out of the good stuff. While I'm at it, I pledge never to wear white shoes before Easter or after Labor Day. As for that hostess apron...I pledge to tie one on. \*





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SANDRA LEE

TV Host and  
Editor-in-Chief  
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